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#### Hi everyone!

They say miracles only happen to those who believe in them, and never has there been such a living example than Sydney mum Lisa Baraki. As a gravely ill little six-year-old, Lisa was given just a one per cent chance of survival as she battled a rare kidney tumour. Then she met her fairy godmother, a stranger who quit her job as a businesswoman to become hospital volunteer "Fairy Sparkle". From that day on, Fairy Sparkle has been by Lisa's side as she beat the tumour, got married and against all medical odds became a mum. We bring you

their incredible tale of friendship and hope (p40). We also catch up with another amazing survivor - the first Australian child to receive a liver transplant from an adult donor. Thirty years on she's the picture of health, Email us! womansday@bauer-media.com.au and lives life with a gratitude that will truly inspire you (p<sub>3</sub>8). The smiles on these women's faces leave you in no doubt that miracles really

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Rex Features, Splash,

Cover pictures: bauersyndicaiton.com.au,

Amal is part of the skinny-arm

brigade.

can happen for those who believe.



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#### VERY WEEK

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- Tuned In Must-see viewing
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All you need

to get perfect

- Salads as mains Serve up a light and refreshing summer salad - they'll save time in the kitchen, too!
- Cut out & keep Four drool-worthy mango desserts
  - Kitchen HQ Tips, tricks and a rundown on rosé – plus two-minute toffee apples!



Home and Away hunk

Tai gets cosy with his

co-star at the races.

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salads!

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Woman's Day 3







# mark & Australia celebrate ary & Fred ke the THRONE!

'I learn a lot from

the Crown Princess

- almost more than

she does from me'

Denmark's new generation of royals are finally ready to rule

hey're more in love than
ever – and now, with a
vision for the future of
Denmark, Crown Prince
Frederik and Australian-born
Princess Mary are set to take their
place as King and Queen of the
Danish people.

And as the reigning monarch, Fred's mother Queen Margrethe II, prepares to step down, she's confident her son and daughterin-law have what it takes to do their country proud.

With preparations underway to announce their coronation in Denmark, Mary and Fred are planning for a trip to Australia – the place it all began – to share the news with her family.

The couple will return to Mary's hometown of Hobart, Tasmania, to celebrate one last Christmas with Mary's dad John and the rest of the Donaldson family before they take the throne.

Joining them will be their four children – Christian, 10, Isabella, eight, and four-year-old twins Vincent and Josephine – relishing

some muchneeded family time before their lives change forever.

For 43year-old

Mary, who has come a long way from her days as a Sydney real estate agent, her unprecedented ascension to the throne is a huge step. But with her husband by her side, she's confident she can lead the people of Denmark as their much-loved Queen.

After all, Fred, 47, has believed

in Mary from the very beginning. From the moment she moved to Denmark, to her meeting with her mother-in-law the Queen, and first official public appearance on the balcony of Amalienborg Palace, Fred has had every faith in his stunning bride.

Earlier this year, the Crown Prince spoke of Mary's incredible

> dedication to her royal duties. And he couldn't be prouder of her caring attitude and her desire to help others.

"It's fantastic to see that the Crown Princess does some things that are really extraordinary," Fred said. "She was interested in the same things when I met her."

Although Mary was not born into royalty, Fred says his wife has taken to the role with ease, and has helped him in his own journey to become the leader of his people.

"I learn a lot from the Crown Princess – I almost learn more from her than she does from me," he said. "That makes me happy and proud."

#### **Fulfilling her destiny**

Mary and Fred's step up into their new roles is extremely rare - usually the current reigning monarch must pass away before the next in line takes over.

But with Queen Margrethe stepping back from the limelight in recent years, it's clear she wants the couple to assume the throne sooner rather than later.

And she couldn't think of a more worthy partner to join her eldest son and support him in his reign as king.

"It is obvious that she is very proud of her daughter-in-law," a Danish insider told *Woman's Day* exclusively.







Mary will no doubt succeed in finding a wonderful balance between following the palace rules, and being a Queen who is prepared to help propel her country into the future.

"I feel I am a modern woman fulfilling a role that is traditional, yet reflects the time in which we live," Mary once said.

#### **Working together**

As the royal couple prepare to travel Down Under with their

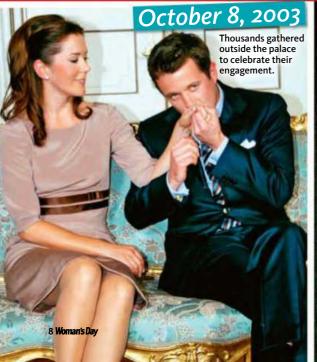
modern woman fulfilling a role that is traditional'

brood in December, Mary and Fred will no doubt be reminded of their meeting in Sydney's Slip Inn 15 years ago.

And with their deep love for one another as evident today as it has ever been, the pair are set to make faultless leaders of their country, supporting one another every step of the way.

"We can help each other, we can support each other. It's wonderful to work together," Fred said of his life with Mary last year.

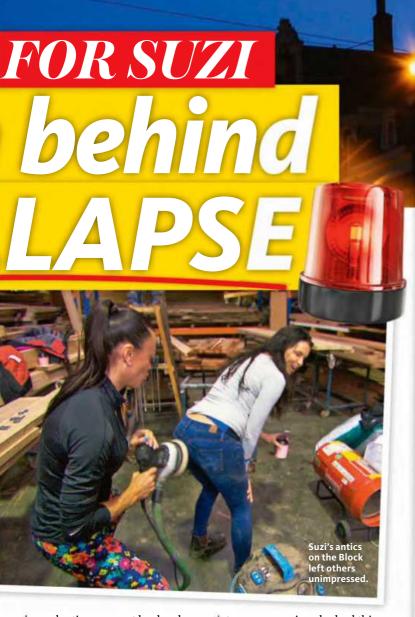
"Of course, the best thing is just being together." While Australians watched Mary: The Making of a Princess last weekend in droves, the Danish press were not so impressed. Media outlets claimed the telemovie was disrespectful, and an exaggeration of the truth. The palace has kept silent on the film's accuracy – and whether the royal couple tuned in.











production was put back a day.
"You can imagine how the
other contestants felt, because
everyone lost a day working on

'She's been out of control... she's proud that people think she's wild'

their apartments. She's been out of control for months, but she's proud people think she's wild."

#### **Hungry for fame**

"Suzi has also made a play for a number of men on the show," our source continues.

Woman's Day revealed earlier this year that Suzi was secretly dating producer Tim Wise, who took her on several holidays and shared his home in Albert Park with the former model. But their relationship hasn't lasted.

"Suzi makes no secret of the fact she wants to be famous. She even pitched her own show to execs – saying she had this amazing idea to interview celebrities in bed."

Another source says Suzi – who claims she once had a sexual relationship with late rock star Michael Hutchence and complained to producers when one of the three sex toys she took with her to the Block went missing – only went on the show to become famous, and has no particular interest in home renovations.

#### **Unforeseen drama**

"Nine bosses wanted a cast of big personalities, because they'd seen the success of shows like *MKR* and *House Rules* and they were desperate to improve *The Block's* ratings. Suzi seemed like a perfect fit for marketing and promos," our source says.

"They had no idea she'd be such a problem. I don't think anyone could have anticipated just how out of control she'd become."

### How she spiralled OUT OF CONTROL!

8000000000000

Suzi's had a colourful past – is it catching up with her?

Dated rock stars Claims she was INXS frontman Michael Hutchence's "girl on the Gold Coast" in her twenties.

Into free love She dated The Block producer Tim Wise (inset), but also says she likes to "share her love around".

**Exposes herself** She left her underwear at home at a Fashion Aid charity event in Melbourne, and flashed her private parts on stage.



PET OF THE YEAR ISSUES

GAY BASHING
MART ROBERS
WHAT WOMERS
WART BORROU'S
BORRATIST WITE
BO DUMAR AARD

Shoots from the hip She body-shamed Whitney on The Block by telling her to "eat a burger".

Is a former glamour model
Posed nude for Penthouse.

Has a thing for adult toys
Brought three to the Block.

Flirts shamelessly Flirted with the show's tradies to get ahead in the competition.

Loves a drink Lost her licence over a DUI charge.

Has done a sex scene
Suzi once did a bedroom
scene with Steven Tandy, or
"Tom from The Sullivans" as she
calls him, in film Gettin' Square.





It's no secret *The Block* contestant Andrew and foreman Keith clashed during the competition. But since filming wrapped, their dislike has festered into a bitter feud, with the two seeing red every time they're forced to be in the same room.

"I've never met a bigger fool in my life," says Keith. "I tried to help

him so much, but he didn't want a bar of it. All I ever got was attitude. I'd be happy if I never had to see him again."

The feeling is mutual! "He's a bully," Andrew says. "We simply don't get along. He's a mean man – he even made Whitney cry. He picked on us to make good TV."

## EVERYBODYLOV

Bindi Irwin is on track for her biggest victory yet, but her private life is getting increasingly complicated



record scores on Dancing with the Stars in front of 12 million viewers, making Bindi Irwin one of our biggest exports.

"America has always had a soft spot for this tiny dancer. But what is happening now is on a whole other level," Lisa Wilkinson wrote in the Huffington Post last week.

"From guest spots on Ellen and Jimmy Fallon, to being the willing and even unwilling cover girl on just about every celebrity magazine in the country, to her spot on Time Magazine's list of the World's Most Influential Teens, to her more than three quarters of a million followers (and growing) on Instagram."

#### **Full dance card**

With reports of offers flooding in for movie roles and reality TV, it's no surprise more than one guy is vying for Bindi's attention.

Her boyfriend Chandler Powell, 19, will no doubt cheer Bindi on when she competes in the semi-finals of DWTS this week, but sources say he won't be applauding her dance partner.

since July, was consumed with jealousy after she posted a public tribute to Derek Hough, 30.

#### **Romantic rivals**

Along with a photo of her hugging the muscly dancer, she wrote: "Thank you so much for all of your support. No matter what

'Chandler is insecure. He's convinced Bindi will dump him'

happens @derekhough manages to make every day in the studio fun. Even when I'm super tired he gives me strength and encourages me to keep doing my best and always believe.

"You're the greatest big brother I could ever ask for. You've changed my life and I promise to keep trying my hardest to truly show the world what incredible dances you create. Thank you for inspiring me each day."

praise for the other main man in her life left Chandler feeling jealous, particularly as she still spends time with Australia Zoo assistant Luke Reavley, 25, to whom she was once also romantically linked.

"I think he's worried he'll lose Bindi," explains an insider, who says the sports star also worries Bindi is

being seduced by Hollywood.

"He says he can't compete with guys like Derek. Poor Chandler is feeling very insecure - and there seems to be nothing Bindi can do about it. She tries to reassure him. but he's convinced she's going to dump him."

#### Ladies' man

Derek has competed on the show for years and has a reputation for being a serial celebrity dater, and





Words: Erin Holohan. Pictures: Australscope, Getty Images

they shared snaps on Instagram, Bindi's been to watch Reese's

## Inside the bizarre world of the Jolie

## ALLSIXINTHER



Nobody tells this rowdy bunch it's time to go to bed writes ERIN HOLOHAN

ife was never going to be normal for Brad Pitt and Angelina Jolie's kids. Their parents are two of the most famous movie stars in the world, and the clan travels constantly as they film blockbusters.

But according to three of their former nannies, Brad, 51, and 40year-old Ange have a parenting style that's even more unusual than you might've imagined.

The nannies told Star magazine that Maddox, 14, Pax, 11, Zahara, 10, Shiloh, nine, and seven-yearold twins Knox and Vivienne live in a world where there's no rules, no school and no bedtime.

"Brad and Angie are very

the least," one nanny tells. "It's like they're living in a hippie commune most of the time, because Angie doesn't believe in rules. She thinks it's important for the children to have freedom of expression, but that doesn't always work out well."

#### School of life

While the Jolie-Pitt siblings had been attending a French language school with campuses all over the world, they've now dropped out and get home-schooled. But it's far from a strict environment,

with Angelina letting her kids pick what they want to study.

"She lets the kids learn what they want and ignore stuff that

doesn't interest them," another nanny said. "And they don't take tests or do homework."

Because Angelina is heavily involved in work with the United Nations, the couple's children are exposed to different cultures and standards of living all over the world - and both Brad and Ange

a far better way of learning than studying textbooks for hours.

#### Access all areas

While they don't study, the kids spend plenty of time online. Brad and Ange have no problem letting them look up whatever they want - even stories about them!

"The kids browse the internet as much as they like," the source continues. "They're allowed to stay up until they can't keep their eyes open anymore."

While school isn't mandatory, church is a priority. Both Brad

'They're allowed to

stay up until they

can't keep their eyes

open anymore'

and Angelina want the kids to learn about all religions so they can choose which one - if any they'll follow.

The couple also insist all the children attend regular therapy sessions to ensure their chaotic, unusual life doesn't become too much to handle.

"Angie and Brad put their kids in therapy early as a pre-emptive measure, to make sure everyone

is healthy emotionally, as well as physically," the third nanny said.

"They may seem the luckiest kids in the world, but their life isn't always easy."

#### **Alone together**

One thing the kids do find hard is not having friends their own age. But with Brad building skate parks and tree houses on the couple's many properties, finding things to do doesn't seem to be a problem for the bunch.

And when their parents are filming or on the red carpet, it's up to their nannies to control the rowdy clan.

"Even in fivestar hotels the children are running riot at all hours of the day and night," the insider says. "It's exhausting for their nannies to keep up!"









The much-loved TV host tragically lost her husband to brain cancer, and now she's doing all she can to find a cure

'We all know my

motivation... and

actions speak

louder than words'

t was the top-secret project she'd been working on for six months, and last week Carrie Bickmore was finally able to share it with the world.

Using her position as host of *The Project* as a platform, the presenter choked back tears as she launched her brain cancer charity, Carrie's Beanies 4 Brain Cancer, in memory of her late

husband Greg

Lange, who passed away five years ago after a 10-year battle with the illness.

"We all know my motivation

for doing this," Carrie told viewers, adding that the idea to set up a foundation came about after her Logies speech in May.

"While I feel like I've done a lot of talking about it, actions speak louder than words."

#### Aim for the stars

The mum-of-two says she aims to raise as much money as she can for research to help families going through similar situations.

"Brain cancer kills more people under 40 than any other cancer, and kills more kids than any other disease," says the 34-year-old.

"I'm going to start at \$1 million and hopefully they can find more effective treatments – and maybe, just maybe, they can find a cure."

For her first event, Carrie has joined with music guru Michael Gudinski to organise BrainBeats 2015 in Melbourne next month – a concert featuring Vance Joy and Ed Sheeran.

"It'll be like the Big Day Out but on a much smaller scale. It'll go for about five hours and will be the ultimate Sunday session," she told 2DayFM breakfast hosts Sam Frost and Rove McManus.

"I really want it to be a positive thing and I really feel like we can do this. I have no doubt if researchers can finally get their hands on some decent cash then we can make headway.

Let's do it!"

There wasn't a dry eye at the Logies, when Carrie accepted the night's top gong. Wearing a blue beanie,

she used the podium to shine a spotlight on the disease that had wrenched her family apart.

Her partner Chris Walker, the father of her eight-monthold daughter Evie, looked on from the audience lovingly.

"Over 10 years I watched [Greg] suffer multiple seizures a day, lose feeling down one side of his body, have his little three-year-old [Ollie, now eight] have to push him around in a wheelchair because he couldn't walk anymore. He was an incredible, brave man, and a great daddy," she said.

Recalling that moment, Carrie realised she was in over her head. "Everyone was asking, 'What are you doing, where can we donate?', and I didn't have the answer."

Meanwhile, Carrie's close friend Rove couldn't be more supportive. "I know Greg would be proud," he told listeners.





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The actor, who plays Andy Barrett on the popular soap, couldn't keep his eyes off co-star Philippa Northeast at Stakes Day in Melbourne recently, with the pair barely leaving one another's side all day.

#### Friends from the start

"Tai and Philippa have always had a really close friendship," an industry insider tells *Woman's Day*.

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#### 'It's obvious that Tai and Philippa are comfortable with one another'

"Tai spends more time on set with Philippa than he does at home with his fiancee Fely," the insider adds. "They're very close."

Given their obvious closeness,



ND, TAI!

some racegoers were even left wondering whether Tai, 25, and 21-year-old Philippa were a couple when they stepped out together in the exclusive Birdcage marquee at Flemington Racecourse.

While Fely was nowhere to be seen, the co-stars appeared lost in their own world, wrapping their arms around each other's waists while they sipped on champagne and whispered in each other's ears.

#### **Comfy chemistry**

"It's obvious that Tai and Philippa are very comfortable with one another," the insider adds.

"They're quite friendly on set as well. There is definitely a lot of chemistry there."

The photos may come as a surprise to Tai's fiancee and former Hi-5 entertainer Fely, who is busy planning her dream wedding to the actor.

The 26-year-old singer and actor, who also appeared on The Voice last year, regularly posts photos of herself on Instagram, cuddling up to her beau and declaring her love for him.

#### **Public displays**

"I love you Tai Hara and I miss you every second," Fely captioned one picture of a necklace he'd given her. "Missing that gorgeous fiance of mine," she wrote on another.

Tai is also quick to return the sentiment, regularly gushing about Fely on social media.





He said he didn't want kids, but George Clooney's changed his mind

e famously said he would never get married again and revealed he didn't want children, but it seems age has softened George Clooney. Not only has the 54-year-old actor married human rights lawyer Amal Alamuddin, but one year on they're reportedly expecting their first child.

Amal, 37, showed off a baby bump when the couple were spotted enjoying a romantic dinner at Spanish restaurant Casa Cordoba in LA last week.

Now, a source close to the pair has revealed Amal is just past three months along.

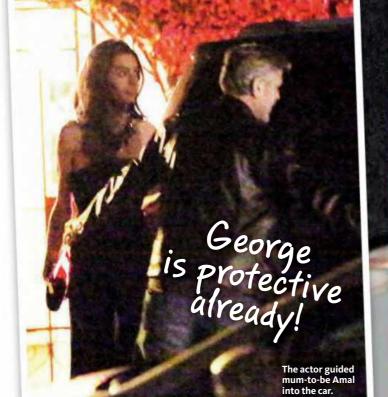
"She's so tiny that she's barely showing," the insider told US OK! magazine. "She'll probably be able to hide it for a while."

George hinted he'd had a change of heart earlier this year, telling German newspaper *Bild* that he and Amal would like to start a family: "Yes, but we're taking our time."

The couple's happy news won't surprise George's best friend Rande Gerber, whose wife Cindy Crawford said they'd always thought the actor would become a dad some day.

"Rande always said he will when he meets the right girl," she revealed.





#### Mariah's Christmas wish

## A baby with James!

he fast-track romance between Mariah Carey, 45, and James Packer, 48, is kicking up a gear. As well as moving in together months after they started dating, they're planning a wedding – and a baby!

"She's got James wrapped around her finger, and they're trying for a baby together," a long-time friend reveals.

"Mariah is desperate to get pregnant. She's wanted another baby for months and James came along at the right time."

She's even trying to speed up her

divorce from America's Got Talent host Nick Cannon, with whom she shares four-year-old twins Monroe and Moroccan.

"Mariah wants the divorce finalised by Christmas so James can pop the question," the friend says. "She's even saying she wants to be a pregnant bride!"



efore Elizabeth Hurley and Shane Warne began their relationship five years ago. they flirted over social media. Now it seems the pair are at it again, fuelling rumours they may be rekindling their romance.

Liz, 50, made contact first, promoting a US cricket match that Shane was due to play in. "In the US and love cricket?

**Shane Warne and Sachin** Tendulkar are captaining the Cricket All Stars," she tweeted, before teasing Shane, 46, with, "Can't wait to see you and all the

players again!'

Her post got a rise out of the spin bowler, who was quick to write back to his former flame.

"Hope you're coming to see the games Ms Royal Queenie Hahahaha!!!! XXXX," he replied, making reference to her role in TV series The Royals.

Fans were quick to question the former couple, with one asking "So might you and Shane get back together again?'







local Mindy Mann was hired in 2008 to care for the couple's three children - Kingston, nine, Zuma, seven, and Apollo, 20 months.

According to the mag, Gwen confronted her husband about his relationship with Mindy when one of the other nannies allegedly discovered messages and nude photos on the family's iPad.

"It completely devastated her," a source explained to the magazine of Gwen's reaction.

"This was done right under Gwen's nose."

An Australian schoolmate of Mindy's, Jess, defended her friend on KIIS FM's Kyle & Jackie O show, saying, "I know she definitely wasn't doing that. She's not like that."



HONEYMOON ALREADY?

ydney Swans star Lance
"Buddy" Franklin and his
model fiancee Jesinta
Campbell set tongues wagging
this week when they were
spotted on an exotic holiday,
prompting rumours they had tied
the knot. However, Woman's Day
can exclusively reveal the pair
have postponed their wedding.

The couple's manager, Sharon Finnigan, says while Buddy, 28, and Jesinta, 24, remain "totally devoted and in love," they have put off their January nuptials.

The decision follows a tough few months, as Buddy took a break from AFL after revealing he was battling mental health issues.

"They are still head over heels in love but with everything that has been going on this year, they decided to postpone the wedding," a friend confirms. "Buddy is in a great place – I've never seen him looking healthier or happier."





nglish singer Seal has opened up about his preference for the quiet life with Erica Packer, over his former high-profile existence with ex-wife Heidi Klum.

"Showbiz parties weren't something that I necessarily enjoyed," he says. "It was only because of... Heidi."

The 52-year-old went on to say he wasn't keen on their tradition of renewing their vows each year, either. "That was my ex-wife's idea. It kind of turned into a circus, which I wasn't terribly fond of."

Now that he's dating James Packer's ex-wife Erica, 38, Seal's life is a lot quieter. "I'm in a happy relationship. You learn to keep the things that are precious to you out of the limelight."











The Idol star has pledged to turn her life around and get healthy writes LAURA EVANS

he's Australia's plus-size poster girl, who has always embraced her curves, but now Casey Donovan says she's making some changes.

"I don't want to dig myself an early grave," explains the 2004 Australian Idol winner, who is

worried about her health and determined to put a stop to her downward spiral of unhealthy eating habits.

In characteristically candid style, the 27-year-old singer and author of online support group Big, Beautiful & Sexy has opened up about her fears for the future.

"My name is Casey Donovan and I am morbidly obese," she confesses to herself and fans in

a blog post. After catching sight of her appearance in the mirror, the singer

and actress, who has admitted to late-night fast food binges, says she's been forced to take stock of her life.

"What if I keep living the life I'm living and don't do anything to help myself?

"What if I just keep putting the wrong foods in my mouth and

don't think of the consequences?," she questions.

#### 'I want to try harder'

But Casey, who dreams of having a family of her own one day and being able to run after her kids, is determined to silence her inner critic, which has prevented her

> from breaking the cycle.

"I don't want to live like this anymore! I want to live a healthier

Big, Beautiful & Sexy November 5 at 7:33am · €

Hiya Guys, Tonight before I jumped into bed, I caught my reflection in the mirror standing in my bra and undies, I looked myself up and down and thought "What the Fuck am I doing to myself?!" The conversation I needed to have with myself 27 year old self! Start Conversation Casey: My name is Casey Donovan and I am morbidly obese. [ 1140 more words. ]

http://caseydonovan.com/2015/11/05/make-that-change/

Pictures: Getty Images, Newspix





Richie & Tully NOT COOL BANANAS!

Any hopes of Richie being the next Bachelor may have been killed with a kiss, much to the disappointment of fans! He's been linked to former Big Brother star Tully Smyth. With whispers that Sam Frost set up Richie, 30, and Tully, 27, there could be truth to the rumours they hooked up at the Melbourne Cup. "It's none of anybody's business who I am, or am not dating," Tully posted.

Richie and Tully got friendly on Oaks Day.

hen they didn't receive a rose from Bachelorette Sam Frost, some of these boys were close to tears. But a few short weeks since the finale aired they're making up for lost

time - and having a ball.

While a loved-up Sam. 26, and her beau Sasha Mielczarek, 30, have been

taking their relationship to the next level, exchanging phone and social media passwords and shopping for furniture together, some of her former suitors have

been busy getting up to plenty of mischief.

From cosying up with a bevy of beauties to running amok on red carpets around town, they're certainly making the most of their

new-found celeb status! 'The boys have

received plenty of

attention from

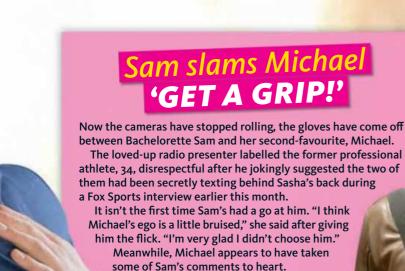
new bachelorettes'

The boys have been out in force at star-studded parties in Sydney and Melbourne, where they've received plenty of attention from

a slew of new bachelorettes.

While they may not have won Sam's heart on the show, it seems the boys have formed friendships that are the real deal.

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some of Sam's comments to heart. "I have feelings, too," he said.

"I was being 100 per cent honest. I would have left the second I didn't think there was a connection. I would have walked out. That really hurts me."

Sam Frost

Excuse me? Whether it's said in jest or not, suggesting I'm sneaking around my partners back is offensive and disrespectful to both Sasha and myself. Get a grip Turnbull.

#### ... but some have settled down

They may not have won the hearts of either Sam, but former contestants Bec, Heather and Tony have gone on to find love outside The Bachelor mansion.













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Woman's Day 29

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Soul Pattinson Chemist



hey're well used to living life in the public eye, but Princes William and Harry were left heartbroken last week when it was revealed their mum's former lover James Hewitt is attempting to sell the private letters she once wrote him.

James's betrayal was especially hurtful for William, 33, because two of the letters are said to have been written by Wills to James when he was just six years old.

The 57-year-old former officer reportedly went to great lengths to conceal the auction of eight letters and 26 cards he was sent by Princess Diana, using a third party to conduct the attempted transaction last week.

One bidder in the US is said to have offered close to \$200,000 for the heartfelt words Diana wrote to her lover - a man both

she and her boys once adored.

"William and Harry are wellbalanced people who, most of the time, forgive and forget," a royal insider tells Woman's Day exclusively. "But James Hewitt is one of the few people they will never be able to forgive."

It's not the first time James has attempted to capitalise on his

#### 'Their mother loved this man and trusted him, too'

relationship with Diana. In 2003, the former cavalry officer offered up the letters on American talk show Larry King Live, although he later retracted his offer.

This time around it's thought

James, currently living in his mother's Exeter home, is in need of some cash.

For William and Harry, 31, the news has no doubt brought back painful memories.

"Their mother loved this man and trusted him, too - and when the boys were little, they just doted on him," the insider continues. "And he repays them by trying to cash in on her love."

Last month, William, who was 15 when Diana died in 1997, spoke of his anguish over losing his mother at such a young age.

"Grief is the most painful experience that any child or parent can endure," William said.

Diana's letters to lames were very personal. Decreer James, ne round includes are withe of champagne 100! It was wanderful to see you



## OFTHE ARM-Y

irst there was the thigh gap, then there was the thigh brow. But if these leading ladies are anything to go by, toned-up is back in fashion. The latest body obsession to sweep Hollywood is... the muscly arm! But while defined, toned arms are the newest celebrity must-have, they haven't bulked up anywhere else. Instead, and rather alarmingly, stars are keeping the weight off and ensuring their bulging biceps are the only curves they've got.







have their hands full with two

little ones under two.



the Gabba. The man of the match

played with his cute little girl as



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f anyone deserves a break, it's Reggie Sorensen, the much-loved reality television star, who's slowly losing her sight and raising a young son with cystic fibrosis.

This heartache is surely enough for any single mum to overcome, yet Reggie has also been secretly battling a debilitating new condition.

"I've been diagnosed with Pyrrole disorder," says Reggie. "I'd been sick for five months and no one could tell me what was wrong, but finally I've got some answers and I'm feeling better.

"I'm smiling all the time now!"

#### **Controversial illness**

Still not recognised by many traditional health practitioners, Pyrrole disorder is a biochemical imbalance involving an abnormality in haemoglobin synthesis, which can impact everything from your immune system to digestion and memory.

It can be genetic or caused by

or the overuse of antibiotics.

year in and out of the doctor's surgery searching for answers as she battled a chest infection for five months, with one doctor even recommending she get tested for cystic fibrosis herself.

it," says Reggie, 41. "But it was still frightening to have the test, which fortunately came back clear.

"But that just left me with more questions, and so many doctors kept telling me there was nothing wrong with me, when I knew

At the time, Reggie was also suffering regular stomach bugs, severe fatigue, sleeplessness and mood swings, and she was slowly but surely spiralling into depression as doctors couldn't help her.

With a pre-existing degenerative eye disease leaving her with just 10 per cent of her vision and her six-year-old son Lucas fighting

environmental factors, including stress

Reggie has spent much of this

"I knew in my heart I didn't have

there was something very wrong."

"I'd been on endless amounts of antibiotics and nothing got rid of it or even gave me temporary relief," she says. "I even went to hospital to check if my stomach polyps had returned, but that test came back and there was

nothing wrong.

'Every day I woke up exhausted like I had no sleep. It affected everything'

"I can't tell you how good it was to find out what it was and that it could be treated - I feel like a new person already," grins Reggie, who says a course of zinc and B6 is slowly helping her bounce back to her former self.

really si

Reggie S

"My stomach, which has been bloated almost permanently for months, has gone down and my bowels now work normally. Every day I woke up exhausted like I had no sleep. It was affecting everything."

The disorder and the terrible toll it took on her body made a tough situation even tougher, with Reggie breaking up with her boyfriend, former Manly Sea Eagles footballer John Jones, as she suffered mood swings and depression.

you," recalls Reggie. "It was such a relief to finally know I wasn't going crazy, and that someone thought they could help me. She did a series of tests and they came back positive for Pyrrole disorder. Most people have a reading of

who took one look at me and

heard my symptoms and said,

'I think I know what's wrong with

his cystic

fibrosis, brave Reggie had just

kept soldiering

on - until six

the mystery was

finally solved.

'I wasn't crazy'

The pocket rocket with

weeks ago when

10; I recorded 77, which is considered extreme.

so hard to be the best person she

**Back on track** 

can be and I love her toughness and her courage," says John, who recently reunited with Reggie. "She's an unreal mum and person and I just love her."

"I've never seen anyone work

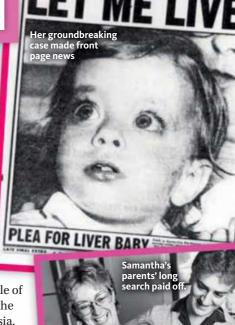
Reggie, who always tries to maintain her infectious positivity, says she is thrilled she will now have more energy to be an even better mother to Lucas and Mia, eight, and is looking forward to a happy and healthy Christmas.

"I won't be sick... and I won't be hungover," laughs Reggie, who was instructed by her naturopath to steer clear of her beloved beer.

"I feel like I've already been given the best present ever!"







very grateful to the donor family."

In the 1980s, Samantha's case garnered media attention as her doctors desperately searched for a child's liver to save her life.

"I feel proud that I was able to help doctors discover something that has since been able to help many others," she says. "I'm also one of the longest standing postliver transplant patients alive, and I think it's great when people read my articles - it gives them hope their child can survive, too."

#### Offering hope

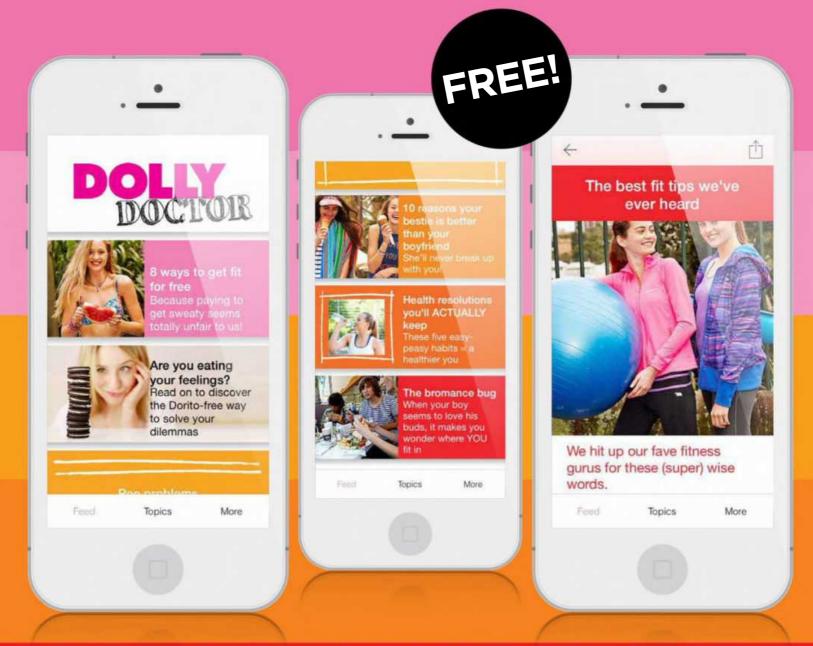
While Samantha has lived most of her post-transplant life in perfect health, she still requires regular check-ups. Each visit acts as a reminder of the gratitude she feels for the donor who saved her life.

"Without them I wouldn't be here," she says. "I'm a bit of a spiritual person - I believe the person who donated their organ watches over me."

Thank You Day, on November 22, is a public acknowledgement of the generosity of organ and tissue donors, and their families. Visit donatelife.gov.au.



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# Inspiring Aussie friendship Meet the fairy who made life worth livi

'To tell someone

if they want to

survive they have

to believe, that's an

When Lisa Baraki was a sick child. a 'fairy' made her believe in miracles **AMELIA SAW reports** 

hen Lisa Baraki sees a woman known as Fairy Sparkle walk in to the room, wearing a white dress and glittering crown, a smile spreads over the new mum's face.

"Hello Fairy," she calls out, hugging her six-month-old little boy Nathaniel to her lap.

"Remember our song?" The two women begin to sing.

"Every little cell in my body is healthy. Every little cell in my body is well. I am so glad, I am so glad, that every little cell is happy and well."

#### Not just dressing up

It's a song Fairy and Lisa have been singing together for almost 20 years, ever since they met when then six-year-old Lisa was lying in bed at Sydney Children's Hospital, diagnosed with the rare kidney cancer Wilms tumour.

When it was discovered the cancer had spread to her lungs, she had just a one per cent chance of survival.

But for Fairy Sparkle - who quit life as a businesswoman to become a full-time volunteer bringing cheer to sick kids in hospitals - that was one per cent worth fighting for.

"She made me believe. I was pretty depressed, sick in hospital, and when I saw her she just made my face light up and made me really happy," says Lisa.

Lisa still remembers the fairy who sat by her side and blew bubbles, painted her nails and took her to the "fairy garden"

- the area Fairy lobbied to have put in the hospital so sick children could escape their sterile surrounds.

incredible power' "She was that glimmer of hope. She was there to make you believe that it didn't matter what happened, you'd be good

in the end," says Lisa, now 25.

Although Lisa was given the all-clear many years ago, she had to rely on Fairy's positivity once again recently, when it came to conceiving her first child.

Doctors told Lisa and her husband Joseph, 31, that it would be impossible for her to fall pregnant due to the chemotherapy and radiation she'd had as a child.

"No matter what people said, like telling me I wouldn't be able to have kids, Fairy would

say, "I don't think you should think like that," reveals Lisa.

Fairy was right to have faith just as Lisa had beaten the odds as a child, she defied predictions, and fell pregnant on the couple's third round of IVF, giving birth to "miracle" baby Nathaniel.

And, of course, Fairy was there

by Lisa's side at the christening, just as she was at her first Holy Communion, and again on her wedding day.

"She's been there through everything with

me - she really has been like a fairy godmother, the amount of faith she has," says Lisa.

"I'm not playing dress up, this is serious," says Fairy, who last year received a Medal of the Order of Australia for her 25 years' work as a volunteer. "To stand in front

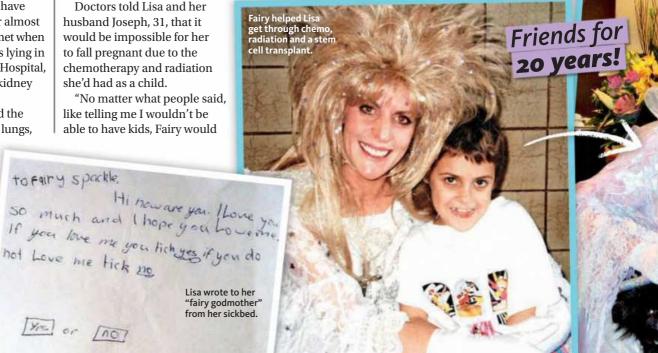
of someone - whether it's a child or an adult - and tell them if they want to stay here and they want to survive they have to believe, that's an incredible power."

#### Willing herself better

Fairy first met Lisa the day after the little girl's surgery to remove a football-size tumour on her kidney. She gave Lisa a "wishing pouch" of confetti stars, and told her that if she sprinkled them while wishing she was healthy, it would create magic to make her better.

Lisa would need that magic when she relapsed a few months later, and doctors told her parents to "take her home and give her the time she has left". The only treatment option was a stem-cell transplant that had been trialled on just a handful of patients, not all of whom had survived.

Doctors feared Lisa wouldn't be strong









Downsizing duo

# 'We lost 77 kg!'

# Now we can play with our son!

ittle Tristan Saba won't remember this, but there was a time when his parents didn't have the energy to play with him. With John weighing 160kg and Sally 120kg, even small movements were a struggle. But now that the Sydney couple have shed a combined 77kg since July, they're loving being active parents to their precious boy.

loss success

"I'm actually enjoying him now - I can chase him around, pick him up and fall on the ground with him," says John, who now weighs 109kg. "I used to be jealous of my brother-in-law because I'd see him playing with his kids on the ground, doing all kinds of manoeuvres, and I couldn't even sit on the ground."

Wanting to set a good example for their son, John, 39, and Sally, 35, enlisted Weight Loss Coaching Works, an online service they saw advertised on Facebook.

A coach monitors them virtually via instant messaging, to ensure they meet walking targets and eat the prescribed meals. Sally and John say this system works for them because they're accountable to the coach - and they're working as a team!

"We've tried things separately and one of us is eating chocolate or pizza while the other is trying to lose weight," says Sally, who has managed to slim down to 94kg.

because I used to snore very badly'

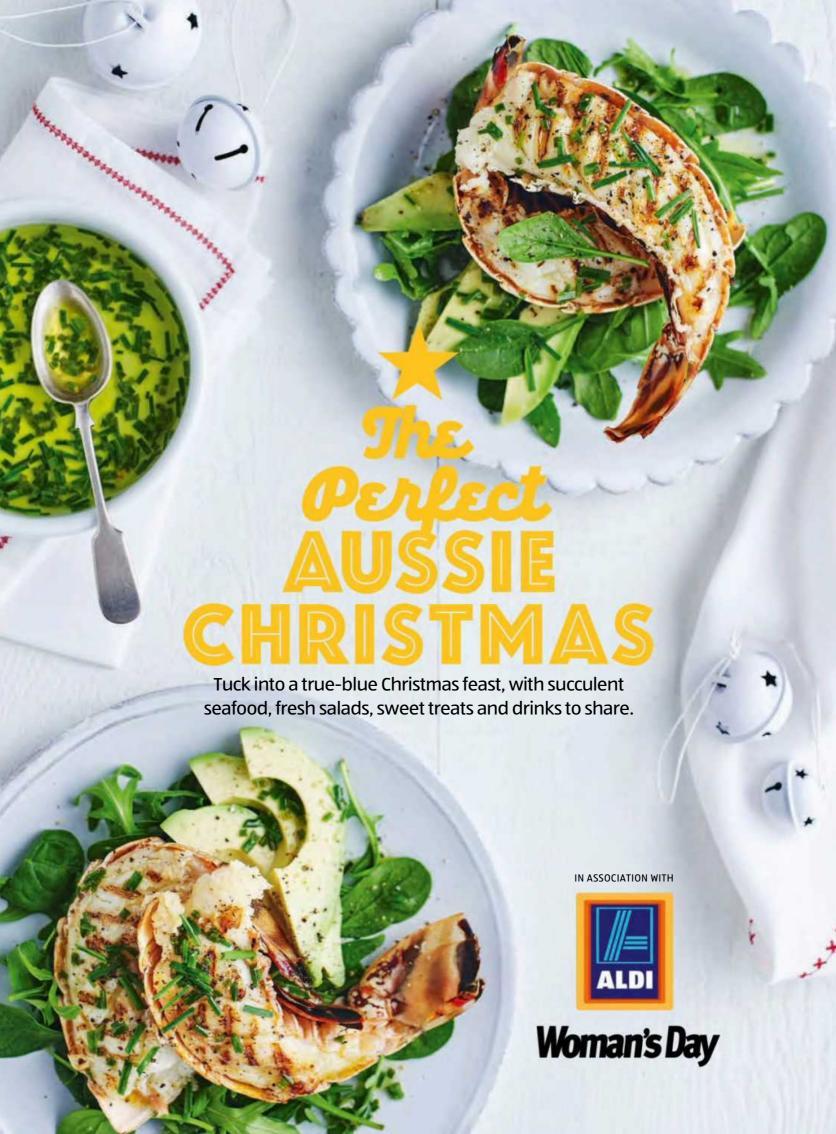
> "I hated shopping, because you can never buy something you like, you just have to buy something that fits," Sally says. "I'm taking pride in how I look now. I got my hair done recently and I hadn't since January -I just didn't care before."

John lost a staggering 11kg in the first 11 days, partly because he was

doing lots of physical labour on the couple's new house. He says losing weight has changed his life in so many ways. His wedding ring fits again, and his blood pressure has improved so much he no longer needs the daily medication he'd been taking for 15 years.

Weight loss has been good for the couple's relationship, too.

"We used to sleep in separate rooms because I used to snore very badly," John reveals. "As of about six weeks ago, we can sleep in the same bed. I'm not snoring anymore!"







# FROM THE WOMAN'S DAY FOOD DIRECTOR

Christmas is our favourite time of the year, a time to gather with loved ones to share laughter, memories and delicious festive food.

This year, we have everything you need to make it absolutely perfect. Our menu ideas make planning your day easy, right down to some amazingly simple but impressive desserts.

So whether you enjoy cold Christmas fare with seafood and salads, or the more traditional glazed ham, roast turkey, pork and vegies, our recipes will help inspire you.

Make sure you plan ahead and buy shelf stable products and drinks in advance to spread the cost. Use fresh seasonal ingredients in your menu, dress the table with flowers and baubles, and have a glass of bubbles ready when guests arrive.

All of us at *Woman's Day* wish you a happy, sparkling Christmas, full of love and joy.

JENNENE PLUMMER, FOOD DIRECTOR





## MADE WITH LOVE CINNAMON SNACKS

MAKES 3 CUPS PREP AND COOK TIME 15 MINUTES

550g packet Forrester Festive Mix Tray 2 teaspoons peanut oil 1 teaspoon ground cinnamon 1 cup dried cranberries 150g packet Sweet Vine Baking Festive Fruit Baking Mix, orange-flavoured

Preheat oven to 180°C (160°C fan-forced).
 In a bowl, combine Festive Mix, cranberries, oil and cinnamon, and mix well. Spread mixture over an oven tray.
 Bake for 8-10 minutes, stirring once. Add ALDI Baking Mix and gently toss to combine. Set aside for 30 minutes to cool to room temperature. Serve with drinks or package as a gift.







#### MARMALADE GLAZED HAM

SERVES 10 PREP AND COOK TIME 1 HOUR 50 MINUTES

3.5kg BERG Half Leg Of Ham – 100% Aussie roast ham whole cloves, to decorate
1 teaspoon Stonemill Minced Garlic
1 tablespoon finely grated fresh ginger
200g Grandessa Breakfast Marmalade
1/4 cup (55g) firmly packed Merryfield Light Brown Sugar
2 tablespoons Baroque Brandy
2 tablespoons Westcliff Lemon Juice

- 1. Preheat oven to 180°C (160°C fan-forced).
- 2. Cut through rind of ham 10cm from the shank.
- 3. To remove rind, run thumb around edge of rind just under the skin. Start pulling rind from widest edge of the ham and continue to pull rind carefully away from the fat up to the shank end. Remove rind completely. Score across the fat at about 3cm intervals, cutting lightly through the surface of the fat (not the meat) in a diamond pattern. Stud the centre of each diamond with a clove.
  4. Stir garlic, ginger, marmalade, sugar and brandy in a small saucepan over low heat until sugar is dissolved. Simmer, uncovered, for 3 minutes or until thickened slightly. Stir in lemon juice.
- 5. Line a large baking dish with overlapping sheets of baking paper. Place ham on wire rack in baking dish. Brush ham well with marmalade glaze; cover shank end and cut surface of ham with foil.
- 6. Bake ham for 40 minutes, brushing frequently with marmalade glaze during cooking. Remove foil from cut surface of ham and brush with glaze. Bake for a further 10 minutes.

"Make this delicious marmalade glazed ham the centrepiece of your Aussie Christmas lunch."



# ROASTED VEGETABLE SALAD WITH GARLIC MUSTARD DRESSING

SERVES 8 PREP AND COOK TIME 1 HOUR 15 MINUTES

1/2 butternut pumpkin, peeled, chopped coarsely 2 small (400g) kumara, peeled, quartered lengthways 1 bunch Dutch (baby) carrots, peeled 1 red capsicum, seeded, cut into chunks 1 medium (170g) red onion, peeled, cut into eighths 1/4 cup (60ml) The Olive Tree Extra Virgin Olive Oil 250g truss cherry tomatoes 2 bunches asparagus 75g The Fresh Salad Co. baby spinach leaves 180g Emporium Selection Persian Fetta, drained, crumbled 1/4 cup loosely packed flat-leaf parsley leaves **GARLIC MUSTARD DRESSING** 1 teaspoon Stonemill Minced Garlic 2 teaspoons Colway Dijon mustard 1tablespoon Remano red wine vinegar 1/4 cup (60ml) The Olive Tree Extra Virgin Olive Oil

- 1. Preheat the oven to 220°C (200°C fan-forced). Line two large oven trays with baking paper.
- 2. Divide pumpkin, kumara, carrots, capsicum and onion between trays. Brush with oil; sprinkle with sea salt. Roast for 25-30 minutes or until tender and golden. Roast tomatoes and asparagus on separate tray for 10 minutes until tender.
  3. GARLIC MUSTARD DRESSING: Whisk garlic, mustard and vinegar in a small bowl. Gradually whisk in oil. Season to taste.
  4. Layer spinach, vegetables, fetta and parsley on a serving platter; drizzle with dressing before serving.



### LOBSTER WITH AVOCADO, SPINACH AND ROCKET SALAD

SERVES 6 PREP AND COOK TIME 20 MINUTES

3 Specially Selected Lobster Tails, halved lengthways
120g packet The Fresh Salad Co Baby Spinach & Wild Rocket Salad
1 large (320g) avocado, sliced thinly
1/4 cup The Olive Tree Extra Virgin Olive Oil
3 teaspoons Westcliff Lemon Juice
2 tablespoons finely chopped chives

- 1. Preheat a barbecue or char-grill pan over medium-high heat. Cook lobster until browned all over and just cooked through (about 8 minutes), brushing frequently with garlic butter (see tip, below).
- 2. Meanwhile, divide salad leaves and avocado slices among serving plates. Drizzle with combined olive oil and lemon juice, and season to taste with salt and freshly ground black pepper. Top with lobster tails and sprinkle with chives.

TIP: Purchase prepared garlic butter, melt and brush over lobster during cooking. Make your own by mixing 1 crushed garlic clove into 125g melted butter and adding chopped chives.

## **MORETON BAY BUGS SALAD**WITH PANCETTA AND PEA PUREE

SERVES 8 AS ENTRÉE PREP TIME 25 MINUTES (+ REFRIGERATION TIME)

2 cups (240g) Market Fare Frozen Baby Peas
40g Beautifully Butterfly Butter
1 tablespoon Westcliff Lemon Juice
50g sliced round pancetta, chopped finely
1 tablespoon The Olive Tree Extra Virgin Olive Oil
8 Specially Selected Moreton Bay Bugs, halved, flesh removed
1 bunch asparagus, trimmed, halved lengthwise, blanched
70g The Fresh Salad Co Rocket
70g beans, blanched, sliced diagonally
70g snow peas, blanched, sliced diagonally
1/2 cup cooked Market Fare Frozen Peas
3 green onions (green shallots), chopped finely

- 1. Bring a medium saucepan of salted water to the boil. Blanch baby peas; drain. Process with butter and juice until smooth. Season to taste; cover to keep warm.
- 2. Heat a large frypan over medium-high heat. Cook pancetta until crisp; drain on paper towel. Heat oil in the same pan over high heat. Cook bugs for 1-2 minutes on each side.
- 3. Toss remaining ingredients together. Arrange on a serving platter and top with bugs, pancetta, onion and a drizzle of pea purée.



ALDI.com.au/Christmas



### **PRAWN AND MANGO SALAD**

**SERVES 6 PREP TIME 25 MINUTES** 

750g cooked large Ocean Royale King Prawns 6 green onions (green shallots)
1/2 cup (150g) Colway Mayonnaise
1/4 cup (60ml) Asia Specialities Sweet Chilli Sauce
150g The Fresh Salad Co Mixed Salad Leaves
3 medium (1.2kg) mangoes, peeled, sliced thickly
1/3 cup fresh coriander leaves

- 1. Peel and devein the prawns, leaving tails intact. Cut the white part of the onions into long, thin strips. Slice the green parts thinly diagonally. Place in a bowl of ice-cold water.

  2. Combine the mayonnaise and sweet chilli sauce in a small bowl.
- 3. Arrange salad leaves, mango and prawns on a serving platter. Drizzle with the sweet chilli mayonnaise, mainly on the prawns, then top with the drained onion and coriander leaves.

# CREAMY POTATO AND SOFT-EGG SALAD

**SERVES 8 PREP AND COOK TIME 40 MINUTES** 

4 (500g) BERG Bacon Rashers, trimmed, chopped
2 tablespoons coarsely chopped chives
2 tablespoons coarsely chopped dill
1.5kg kipfler potatoes cooked, sliced
1/4 cup (35g) Deli Originals Stuffed Green Olives, drained, sliced
1 cup (300g) Colway Mayonnaise
1/4 cup (60ml) Farmdale Cream
1 tablespoon Colway Wholegrain Mustard
1 teaspoon Stonemill Minced Garlic
4 Lodge Farms Eggs, soft-boiled

1. Preheat grill. Place bacon on foil-lined oven tray; grill on both sides until browned. Drain on absorbent paper. Chop coarsely.

2. Reserve a quarter of the bacon, chives and dill. Combine potatoes, remaining bacon, chives, dill and olives in a large bowl. Add combined mayonnaise, cream, mustard and garlic; toss gently. Season with salt and freshly ground black pepper.

3. Spoon potato salad into a serving bowl. Top with halved eggs, reserved bacon, chives, dill and extra black pepper.





## **CRÈME ANGLAISE**

MAKES 11/2 CUPS PREP AND COOK TIME 10 MINUTES (+ STANDING TIME)

11/2 cups Farmdale Milk
1/<sub>3</sub> cup Merryfield Caster Sugar
1 Vanilla Bean, split lengthways
4 Lodge Farms Egg yolks
1 tablespoon Baroque Brandy

- 1. In a medium saucepan, combine milk, 1 tablespoon sugar and vanilla bean. Bring to the boil. Remove from heat. Stand, covered, for 10 minutes. Strain.
- 2. In a heat-resistant bowl, whisk egg yolks and remaining sugar together. Whisk milk mixture into egg mixture.
- 3. Place bowl over a saucepan of gently simmering water make sure the water doesn't touch the base of the bowl. Whisk over a low heat until mixture coats the back of a wooden spoon.
- 4. Strain mixture and cover surface with plastic wrap. Serve warm or chill until required. Before serving, whisk in brandy.

**SERVE WITH:** ALDI Specially Selected 12 month Matured Christmas Pudding.





## BROWN SUGAR PAVLOVA WITH IN-SEASON FRUIT

SERVES 8 PREP AND COOK TIME 1 HOUR 45 MINUTES (+ COOLING AND REFRIGERATION TIME)

2 teaspoons Beautifully Butterfly Butter, melted 2 teaspoons White Mill Cornflour, plus 1 tablespoon extra 5 Lodge Farms Egg whites ½ cup (110g) Merryfield Caster Sugar ½ cup (110g) firmly packed Merryfield Brown Sugar 300ml Farmdale Thickened Cream, whipped seasonal fruit (sliced peaches, strawberries, blueberries,

1. Preheat oven to 150 'C (130 'C fan forced). Line a large baking with baking paper. Mark a 20cm x 25cm rectangle on the paper. Brush the rectangle with melted butter and sift over the cornflour.

raspberries, passionfruit pulp), to serve

- 2. Beat egg whites in a large bowl with an electric mixer until soft peaks form. Gradually add the caster sugar, beating until dissolved and scraping down the side of the bowl occasionally. Gradually add the brown sugar, beating until dissolved. Fold in the extra sifted cornflour.
- 3. Pile the meringue along the centre of the prepared plate. Use a metal spatula or the back of a spoon to spread the meringue over the greased area, making a shallow indent along the centre.
- 4. Reduce the oven temperature to 100°C (80°C fan-forced). Bake the pavlova in the lower half of the oven for 1½ hours or until dry and crisp. Turn off oven and cool pavlova in oven with door ajar.
- 5. Top pavlova with cream and prepared fruit to serve.





- ♦ 1/3 cup extra-virgin olive oil
- ♦ 4 firm ripe peaches, stones removed, quartered
- ♦ 2 tbsp white wine vinegar
- 150g baby rocket
- ♦ 12 thin slices prosciutto, torn
- ♦ ¼ cup basil leaves
- ♦ ¼ cup toasted pecans
- 1 Preheat oven to hot, 200°C. Line an oven tray with baking paper.
- 2 Brush bread slices with half olive

oil and arrange on tray. Bake 8-10 minutes, until golden and crisp.

- **3** Meanwhile, preheat a barbecue or chargrill plate on high. Lightly spray peaches with oil. Grill, cut-sides down first, 1-2 minutes each side.
- 4 In a small bowl, whisk remaining
- 5 In a large salad bowl, combine rocket, croutons, peach and prosciutto. Drizzle dressing over, tossing to combine.
- **6** Crumble cheese over. Scatter salad with basil and nuts to serve.



 4 calamari, cleaned, scored, thinly sliced

- ♦ 1 tbsp Cajun seasoning
- ♦ 1 tbsp olive oil, plus 2 tbsp extra
- 1 tbsp lime juice
- 2 corn cobs, husks, silks removed
- ♦ 100g okra, halved lengthways
- 275g sweet mini capsicums, halved, seeded
- ½ head red cabbage, finely shredded

#### DRESSING

- ♦ ¼ cup mayonnaise
- 2 tbsp sour cream
- 2 tbsp lime juice
- ♦ 1 tsp cayenne pepper
- 1 In a large bowl, toss calamari in combined seasoning, oil and juice.
  2 Preheat a barbecue or chargrill plate on high. Toss cobs, okra and capsicums in extra oil and season.
  Grill 5 minutes, turning, until tender and light grill marks appear. Cool.
  3 DRESSING In a bowl, whisk all ingredients together. Season.
- 4 Cut corn kernels from cobs in chunks using a knife, and place in a large salad bowl with cabbage, okra and capsicums.
- 5 On same hot barbecue or chargrill, cook calamari, turning, until just cooked through.
- **6** Serve salad topped with calamari and drizzled with dressing.

### CHAR-GRILLED COS LETTUCE, CHICKEN & BACON SALAD

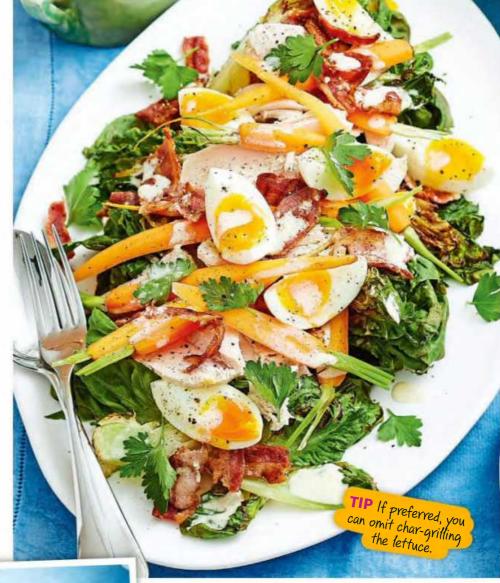
SERVES 4 PREP 10 MINS COOK 35 MINS PER SERVE 2628kj COST \$\$\$

- ♦ 3 chicken breast fillets
- 4 eggs, at room temperature
- 1 bunch baby carrots, peeled, halved lengthways
- ♦ 4 streaky bacon rashers
- 2 baby cos lettuce, quartered lengthways
- ♦ 1 tbsp olive oil
- ♦ ½ cup flat-leaf parsley leaves

#### **DRESSING**

- ♦ 1/3 cup grape seed oil
- ♦ 2 tbsp lemon juice
- ♦ 1 egg yolk
- ♦ 1 tsp dijon mustard
- ◆ 2 anchovy fillets
- 1 garlic clove, finely chopped
- 1 Bring a large saucepan of water to boil on high. Add chicken and reduce heat to low. Simmer gently 12 minutes. Remove from water. When cool enough to handle, thinly slice.

- 2 Bring a medium saucepan of water to boil on high. Gently lower eggs into water, boil 4 minutes, adding carrot for final minute of cooking time. Drain and refresh in iced water. Peel eggs and cut into quarters.
- 3 Meanwhile, preheat a barbecue or chargrill plate on high. Grill bacon 1-2 minutes each side until crisp. Toss lettuce quarters in oil. Season. Grill, cut-side down, for 1-2 minutes until light grill marks appear.
- 4 DRESSING In a food processor, process all ingredients until well combined. Season.
  5 Arrange lettuce, bacon, carrots and chicken on a large serving platter.
  Scatter with parsley and top with eggs. Drizzle with dressing to serve.





### POTATO, ASPARAGUS & PRAWN SALAD

SERVES 4 PREP 15 MINS COOK 15 MINS PER SERVE 1992kJ COST \$\$\$

.....

- ♦ 1kg baby potatoes
- 2 bunches asparagus, trimmed
- ♦ 2 tbsp olive oil
- 3 roma tomatoes, quartered
- 500g cooked tiger or king prawns, peeled, deveined

#### SALSA VERDE

- ♦ ½ cup flat-leaf parsley leaves, plus extra, to serve
- ♦ ¼ cup mint leaves
- ♦ ¼ cup extra-virgin olive oil
- ♦ 1 tbsp red wine vinegar
- ♦ 1 tbsp lemon juice
- 2 tsp capers
- ♦ 1 tsp dijon mustard
- 1 garlic clove, crushed
- 1 Place potatoes in a medium saucepan and cover with cold water and salt. Bring to boil on high.

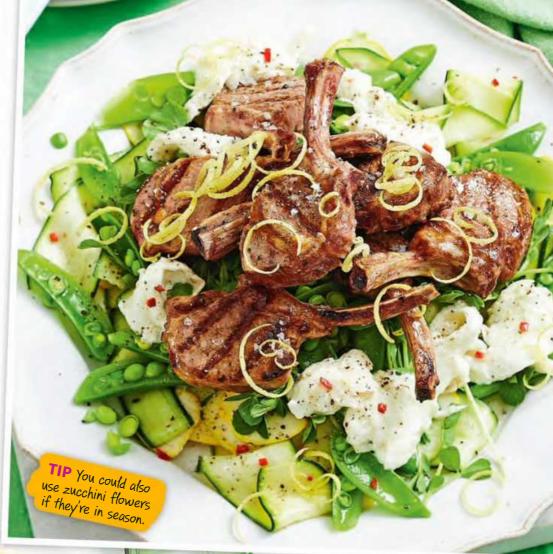
Cook 8-10 minutes until tender. Add asparagus to cooking water for final 1 minute.

- 2 Remove asparagus with tongs to a bowl of iced water to refresh. Drain well. Set aside. Drain potatoes and crush lightly. Pat dry with paper towel.
- 3 SALSA VERDE In a small food processor or blender, process all ingredients until smooth. Season.
  4 In a large frying pan, heat oil on high. Cook potatoes 4-5 minutes, tossing, until golden brown. Drain on paper towel.
- 5 On a large platter, arrange potatoes with asparagus and tomatoes. Top with prawns and drizzle with salsa verde. Scatter with parsley leaves to serve.

## GRILLED LAMB & MOZZARELLA SALAD

SERVES 4 PREP 10 MINS + RESTING COOK 5 MINS PER SERVE 3295kJ COST \$\$\$\$

- ♦ 2 tbsp lemon juice, plus 2 tsp zest
- ♦ 2 tbsp extra-virgin olive oil
- ♦ 3 medium zucchinis, peeled into ribbons
- ♦ 200g yellow squash, thinly sliced
- ◆ 1 long red chilli, seeded, finely sliced
- ♦ 12 lamb cutlets, trimmed
- 1 tbsp olive oil
- ♦ 250g sugar snap peas, blanched, split
- ♦ ½ x 100g tub snow pea sprouts, trimmed
- ♦ 200g buffalo mozzarella, coarsely torn
- 1 In a medium bowl, whisk lemon juice and olive oil together. Add zucchini, squash and chilli. Mix well and season.
- 2 Preheat a barbecue or chargrill plate on high. Brush lamb cutlets with olive oil and season. Cook, 1-2 minutes each side, until cooked to taste. Rest, loosely covered with foil, 3 minutes.
- **3** Spoon zucchini mixture onto a large platter with sugar snap peas and sprouts. Top with lamb cutlets and scatter with mozzarella.
- **4** Drizzle any remaining lemon dressing mixture over and top with zest to serve.





## CRISPY PORK & PINEAPPLE STREET SALAD

SERVES **4** PREP **20 MINS** COOK **30 MINS** PER SERVE **1839kJ** COST **\$\$\$** 

- ♦ 500g pork rashers
- ♦ 1 tbsp olive oil
- ♦ 1 tbsp smoked paprika
- 1 tbsp flaked sea salt
- ♦ ½ red onion,
- finely sliced
- ♦ juice 1 lime
- ♦ ½ tsp sugar
- ♦ ½ tsp salt
- 1 iceberg lettuce, cut into wedges
- ¼ pineapple, peeled, thinly sliced
- 2 tomatoes, chopped
- 2 tbsp olive oil
- 5og soft danish feta
- ♦ ½ cup coriander leaves
- 2 tbsp pickled sliced jalapenos
- 1 Preheat oven to very hot, 220°C. Place a rack in a baking dish.

- 2 Drizzle pork with oil.
  Sprinkle with paprika
  and salt, rubbing
  into the skin. Place
  skin-side up on rack.
  Pour 1 cup water into
  pan to prevent juices
  from burning.
  3 Roast pork 6-8
  minutes, until skin
  is bubbled and crisp.
  Reduce oven to hot,
  200°C and roast a
  further 20 minutes.
  4 Meanwhile, in a small
- with 1 tbsp lime juice, sugar and salt. Mix well. 5 On a large platter arrange lettuce, pineapple, tomatoes and sliced pork. Drizzle with combined olive oil and remaining lime juice. Scatter with onion, feta, coriander and jalapenos to serve.

bowl, combine onion

## WARM SALMON, SPINACH & CHICKPEA SALAD SERVES 4 PREP 10 MINS + RESTING COOK 50 MINS PER SERVE 2812kJ COST \$\$\$

- ♦ ¾ cup freekeh
- ♦ 4 x 100g boneless salmon fillets, skin on
- ♦ 1 tbsp olive oil, plus 1 tbsp extra
- ♦ 1 tbsp ras el hanout
- ♦ 400g can chickpeas, drained, patted dry with paper towel
- ♦ 1 garlic clove, thinly sliced
- 1 bunch English spinach, trimmed, chopped
- 250g cherry tomatoes, halved
- ♦ 2 tbsp lemon juice, plus wedges, to serve
- ♦ ½ cup Greek-style yoghurt
- ¼ cup flaked almonds, toasted
- Prepare freekeh following packet instructions. Drain, cool.
- 2 Meanwhile, heat a large frying pan on high. Coat salmon in oil and spice. Fry, 2 minutes each side. Remove from pan and rest, covered with foil, 2 minutes. 3 Heat extra oil in pan on high. Saute chickpeas 2-3 minutes, until golden. Add garlic, cook

30 seconds. Mix in spinach and tomatoes, stirring, 30 seconds, until spinach has just wilted. Remove from heat, toss juice through and season to taste. 4 Toss chickpea mixture through freekeh. Top with salmon. Serve topped with dollops of yoghurt and a sprinkling of almonds. Accompany with lemon wedges.







## MISO-GLAZED CHICKEN & APPLE SLAW

SERVES 4 PREP 20 MINS COOK 10 MINS PER SERVE 1052kJ COST \$\$\$

- 2 skinless chicken breasts, 1cm slices
- 2 tbsp miso paste
- ♦ 2 tbsp mirin
- ♦ 1 tbsp honey
- ¼ Chinese cabbage, finely shredded
- 1 bunch gai larn, finely shredded
- 1 red apple, cored, thinly sliced
- 1 carrot, peeled, shredded
- 4 green onions, finely sliced
- 1 tbsp toasted sesame seeds
- Japanese mayonnaise, to serve

#### DRESSING

- ◆ 2 tbsp rice wine vinegar
- ♦ 1 tbsp soy sauce
- 2 tsp sliced pickled ginger
- 2 tsp honey

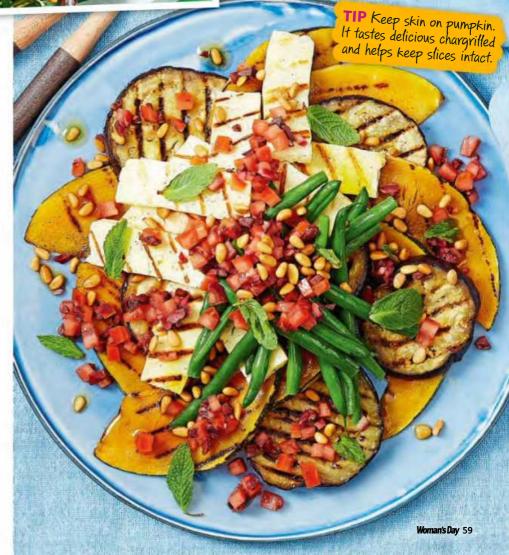
- 1 Place chicken in a shallow dish. In a small jug, whisk miso, mirin and honey together. Pour over chicken, turning to coat.
  2 Preheat a chargrill
- pan on high. Cook chicken 3-4 minutes each side, until just cooked. Transfer to a plate. Set aside, covered with foil.
- **3 DRESSING** In a small jug, whisk all ingredients together until well combined.
- 4 In a large salad bowl, combine cabbage, gai larn, apple, carrot and onion. Toss dressing through. Top with chicken and sprinkle with sesame seeds. Serve accompanied with mayonnaise.

## PUMPKIN & EGGPLANT WITH OLIVE SALSA

SERVES 4 PREP 15 MINS COOK 12 MINS PER SERVE 2274kj COST \$\$\$

- 500g jap pumpkin, seeds removed, thinly sliced
- 1 large eggplant,1cm-thick slices
- 250g haloumi, thinly sliced
- ♦ ¼ cup olive oil
- 200g green beans, blanched
- ♦ ½ bunch mint, leaves picked
- toasted pine nuts, to serve
- SALSA
- 1 tomato, finely chopped
- 2 tbsp finely chopped kalamata olives
- 1 eschalot, finely chopped
- 2 tbsp extra-virgin olive oil
- ♦ 1 tbsp red wine vinegar

- 1 Preheat chargrill pan or barbecue on high.2 In separate bowls,
- toss pumpkin, eggplant and haloumi in 1 tbsp oil. Season.
- 3 Chargrill pumpkin 4-5 minutes, turning once, until tender. Then, chargrill eggplant 3-4 minutes until tender. Set aside.
- **4 SALSA** In a small bowl, combine all ingredients and season to taste.
- **5** On a large serving platter, arrange grilled vegetables with beans and mint.
- 6 Using same hot chargrill, cook haloumi, 30 seconds each side. Transfer to serving platter. Spoon salsa on top and sprinkle pine nuts over to serve.



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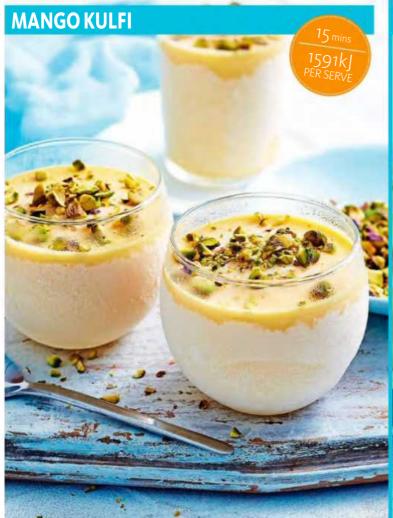
soda**stream**®

Enjoy a Sparkling Moment





# Make it with mango!





## CUT OUT & KEEP

## MANGO COCONUT

MAKES 4 PREP 10 MINS + FREEZING COST \$

- 1 cup vanilla ice-cream, softened
- ♦ ½ tsp coconut essence
- 1 mango, peeled, seeded, chopped
- 1 tbsp lemon juice
- 1 tbsp glucose syrup (see tip)
- 1 In a large jug, combine ice-cream and essence, mixing well.
- 2 In a blender, puree mango, lemon juice and glucose syrup until smooth.



- 3 Arrange four ½-cup iceblock moulds (see tip) on an angle, firmly wedged in a large dish. Pour 1 tbsp mango mixture into base of each mould. Freeze 1 hour or until set. Top with 1 tbsp ice-cream mixture. Freeze 1 hour or until set.
- 4 Repeat until filled, inserting wooden paddle-pop sticks halfway through and arranging moulds in an upright position for the final layer. Freeze 3 hours or overnight. Unmould iceblocks to serve.

TIP Glucose syrup is available in the baking section. Buy iceblock moulds from your supermarket, or use paper cups and paddle-pop sticks.



SERVES 6 PREP 15 MINS
COOK 1 HOUR 10 MINS COST \$\$



- → ¾ cup caster sugar
- 2 eggs
- 🕈 1 tsp vanilla extract
- 2 cups self-raising flour, sifted
- ♦ ⅓ cup milk
- ♦ ⅓ cup rum
- 1 mango, peeled, finely chopped, plus extra sliced, to serve

#### **PASSIONFRUIT RUM GLAZE**

- 4og butter, softened
- ♦ ½ cup caster sugar
- 2 tbsp water
- ◆ 1 tablespoon dark rum
- pulp 2 passionfruit, plus extra, to serve
- whipped cream, to serve
- 1 Preheat oven to moderate, 180°C. Lightly grease a deep 20cm round spring-form pan with baking paper.
- 2 In a large bowl, using an electric mixer, beat butter and sugar together until creamy.

Add eggs, one at a time, beating well after each. Beat in vanilla.

- 3 Fold in flour, milk and rum, alternately, beginning and ending with flour. Fold mango through. Spoon into pan, smoothing top. Bake 1 hour 10 minutes, covering with foil for final 20 minutes, until cooked when tested with a skewer. Cool in pan 5 minutes. Transfer to a wire rack.
- **4 PASSIONFRUIT RUM GLAZE** Meanwhile, in a small saucepan,

melt butter on medium. Stir in sugar and water. Bring to boil, stirring until sugar dissolves. Boil 3-4 minutes, without stirring, until slightly thickened. Remove from heat and carefully stir in rum and passionfruit (syrup will bubble).

5 Using a thin metal skewer, poke holes in top of hot cake. Gradually pour hot syrup over the top. Set aside 1 hour. Serve cake topped with extra sliced mango and passionfruit pulp. Accompany with whipped cream.

### **MANGO BERRY TART**

SERVES 8 PREP 30 MINS + CHILLING COOK 30 MINS COST \$\$\$



- 2 cups plain flour2 tbsp caster sugar
- 125g cold butter, chopped
- ¼ cup water
- ♦ 1 egg yolk
- ♦ 1 tbsp lemon juice
- 1 cup raspberry jam
- 3 mangoes, peeled, thinly sliced

#### **FILLING**

- 2 cups milk
- ½ tsp vanilla bean paste
- 4 egg yolks
- ♦ ½ cup caster sugar
- 2 tbsp cornflour
- 1 tbsp plain flour
- 1 Preheat oven to hot, 200°C. Lightly grease a 23cm round loose-bottom flan pan.
- 2 Sift flour into a large bowl. Stir in sugar. Rub in butter using fingertips until mixture resembles fine breadcrumbs. Add water, egg yolk and juice, and mix to a pliable dough. Knead gently on lightly

floured surface. Wrap in plastic wrap. Chill 30 minutes.

- 3 FILLING Meanwhile, in a saucepan, combine milk and vanilla bean paste. Bring to boil. In a bowl, using an electric mixer, beat egg yolks and sugar together until thick and pale. Beat in flours. Whisk in milk mixture. Return to saucepan. Cook on medium heat, stirring constantly, until mixture boils and thickens. Simmer, stirring, 3 minutes. Cover with plastic wrap. Cool to room temperature.
- 4 Roll out pastry between two sheets baking paper until 3mm thick. Ease into pan. Trim edges. Chill 20 minutes. Reduce oven to moderate, 180°C. Bake blind 15 minutes. Remove filling and bake a further 10-15 minutes. Allow to cool.
- **5** Spread jam over. Pour in filling. Chill until ready to serve. Serve tart topped with mango slices.

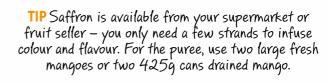


SERVES 8 PREP 15 MINS COST \$\$



- 3 strands saffron (see tip)
- 2 cups mango puree (see tip)
- 395g can sweetened condensed milk
- ♦ 1½ cups thickened cream
- ♦ ½ cup icing sugar
- chopped pistachios, to serve
- 1 In a small jug, combine milk and saffron. Set aside 5 minutes.
- 2 In a medium bowl, combine

- saffron milk, mango puree and condensed milk.
- 3 In a bowl, using an electric mixer, beat cream and icing sugar together until soft peaks form. Fold mango mixture through.
- 4 Divide mango mixture between eight ½-cup freezer-safe serving glasses. Freeze 3 hours or until set.
- **5** Remove from freezer 5 minutes before serving. Sprinkle kulfis with chopped pistachios to serve.



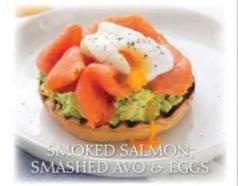




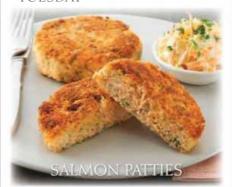
## Get Hooked on Tassal Salmon

# Everyday Faves ( Sallon to Sun

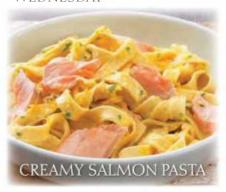
MONDAY



TUESDAY



WEDNESDAY



**THURSDAY** 



FRIDAY



Tassal Salmon is so versatile it can be enjoyed for breakfast, lunch or dinner, everyday of

We've put together a collection of simple and delicious recipes that are sure to be a hit with your family.

Visit tassal.com.au to get your 'Everyday Faves' recipe, any day of the week.

SATURDAY



SUNDAY



Follow us on

the week.



/tassalsalmon #everydayfaves





That's the beauty of Tassal salmon.



# Kitchen H

The latest tips, tricks and trends for foodies

3 reasons to CHOOSE ROSÉ

Love wine but not sure about the pink stuff? Squealing Pig winemakers Spring Timlin and Ben Bell explain why now is the perfect time to go pink!

#### **IF YOU LIKE WHITE WINES YOU'LL LOVE**

**ROSÉS** They're a great, refreshing alternative because they're similar in style as whites typically dry, light, aromatic and crisp, with just a hint of sweetness to balance things out.

**THEY GO** 2 BRILLIANTLY **WITH MOST DISHES** Dry, fruity rosés work especially well with fresh seafood and soft white cheeses. Try one with seared scallops and a fresh Greek salad. Fuller bodied rosés will pair nicely with a mild chicken curry



or seafood paella. And sparkling varieties are great with fruity desserts like a strawberry tart.

THEY'RE MADE FOR SUMMER

Rosés should always be served chilled, so drink them now on ice. They're best enjoyed in their youth while fresh and vibrant - you wouldn't typically cellar them.

It's packed full of red cherry and cranberry

**Squealing Pig Central Otago** Rosé \$21.99

This New Zealand drop is dry and fruity with watermelon and stone fruit flavours.



A refreshing, dry style made from the malbec grape variety.

or they'll turn soft and smelly.





## Toffee apples

WHAT'S IN **MY FRIDGE?** 

DONNA HAY

"Cheeses, olives,

lemons, herbs and

salad leaves, Asian

chilli jam and

caramelised onion relish to smear over

meat. I often have

impromptu dinner

guests so I need to

make something

1 Insert 1 Paddle Pop stick through stems of 8 apples. Stir 4 cups caster sugar and 1½ cups water on low until sugar dissolves. Bring to boil and cook, without stirring, 7-8 minutes until beginning to turn golden. Brush sides of pan with a wet pastry brush to remove sugar crystals. 2 Swirl in food colouring - do not stir. Quickly dip each apple into hot red toffee, turning to coat. Allow excess to drip off. 3 Roll base of each coated apple in nuts or sprinkles. Arrange on a lined tray, with skewers pointing up.

Set aside 15 minutes.



Words: Kelsey Ferencak. Pictures: Alamy, Rob Shaw/bauersyndication.com.au,



64 Woman's Day



### **BAKING BRILLIANCE**

When baking with fruit and nuts, lightly dust them in the same flour used in the recipe before adding them to the mixture. This will ensure that they are distributed evenly.

## **FESTIVE SNACKS**

Save money at Christmas time and make your own crackers to serve with dips. Simply spray 4 sheets Lebanese bread with oil, then sprinkle with 1 tablespoon zaatar. Bake at 180°C/200°C fan-forced for 5-10 minutes until golden. Cool, then break into pieces.

#### **HAM STORAGE**

Store leftover Christmas ham in a calico ham bag rinsed in 2 cups water and 1 tablespoon white vinegar. Repeat rinsing the ham bag every two to three days to keep ham fresh.

# Fresh market UPDATE

Your guide to what's fresh this month, along with tips and tricks to get the best out of your produce.



### TROPICAL TWIST

Mangoes can be paired with sweet and savoury dishes or simply served solo!

Look for mangoes that are firm, bright, smell fresh and have no black spots. They are beautiful served with ice-cream or finely sliced on your Christmas pavlova for a tropical twist. Store them at room temperature until they ripen, then in the fridge for up to three days.

### BERRY DELICIOUS

Sweet and juicy, blackberries vary in colour from a true black to a dark glossy purple-red colour.

Look for berries that are firm, plump and glossy, with an even colour. Store berries in the fridge, unwashed, on paper towel and covered with plastic wrap. Use within one to two days of purchasing.



Famous
dishes start
with fresh
ingredients from
Woolworths.



### **SUMMER SNACK**

Christmas wouldn't be Christmas without cherries on the table!

Look for cherries when they're plump, shiny and the stems are bright green and intact. To prepare, simply rinse them under cold water just before serving, then use a cherry pitter or knife to remove the stones. Cherries are delicious added to cakes and muffins, or dipped in melted white chocolate and sprinkled with coconut for a beautiful but simple festive treat.



FOR TASTY RECIPES

go to foodtolove.com.au



# 12 RULES RORPERECT SUMMERSKO

# DOUBLE

Cleansing, morning and night, softens and smooths your skin's texture, making foundation so much easier to apply. It'll help it last longer, too.

**Napoleon Perdis Auto Pilot Hydrating** Milk Cleanser



# ALWAYS EXFOLIATE

As heat causes skin to sweat and produce sebum, makeup, pollution and dirt will stick to it more easily than during the cooler months. Exfoliating a couple of times a week works wonders at removing these nasties, and keeps your skin looking soft and smooth. **Simple Smoothing Facial Scrub** \$9.99

## **HEAT-PROOF YOUR BASE**

To avoid makeup sliding off your face when the mercury rises, apply a mattifying primer underneath your makeup. **Napoleon Perdis Auto Pilot Pore Minimizer & Mattifier \$69** 

# DITCH

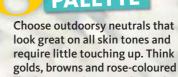
Spend less time touching up your pout with low-maintenance, softcoloured lippies and glosses with just enough colour to stop your complexion looking washed out. L'Oreal Paris Infallible Lip Gloss in Scream and Shout \$21.95

# TRY A

When your skin feels and looks greasy, try a quick-fix clay mask. Pay special attention to your pores, which can

get clogged in summer. Detoxifying

**Clay Masque** \$15.99



golds, browns and rose-coloured shades. Napoleon Perdis Nude

**U-Eyes, Cheeks and Brows Palette \$79** 

## **UPDATE YOUR PALETTE**

STRATEGICALLY Give your skin an instant glow by applying a little cream-based luminiser to the high points of your face - think browbones and cheekbones. Just remember to

HIGHLIGHT

start with a little and build up. **Napoleon Perdis Light Switch Luminizer** Palette \$70

# LIGHTEN

Because your skin produces more oil in summer, keep it dewy rather than shiny or greasy by using a lighter moisturiser.

**Nivea Sun Protect** & Light Feel **Daily Face Veil SPF 30** \$12.99



YEAR ROUND A serum's job is to provide extra nutrients that a daily moisturiser can't provide. So whatever skin type you have, and whatever the weather, applying serum should be an absolute no-skip part of your beauty routine! Swisse Kakadu Plum Brightening

**USE A SERUM** 





## **MAKE SPF** YOUR BFF

Sun protection is a must, and the easiest way to make sure you apply it daily is to choose a foundation that contains the highest SPF. You'll safeguard your skin from the sun's harmful UV rays as well as achieving an even complexion all in one convenient step. Too easy!

## **RETHINK YOUR KIT**

Add low-effort goodies to your makeup bag. Try light bases and formulas that'll last longer, such as cheek stains, gel liners and tinted moisturisers. **Napoleon Perdis Dreamy Duchess Blush Cream \$50** 

Serum \$29.99







smooth feet guaranteed!

Forget fiddly nail painting sessions and just wrap them in a patterned nail sheet instead! Cool and oh-so easy. Jamberry Nail Wraps \$22 per pack, enough for two manis and one pedi.

SOLID SLUMBER! MAKE IT EASIER BY BLOCKING OUT LIGHT WITH THIS PETER ALEXANDER HOLLY GOLIGHTLY EYE MASK, \$35.95.

## T YOUR WAY to a summer glow

Apply this gorgeous gold highlighter to your eyelids for a bronzed look, your collarbone for a sunkissed chest, and on your shins to accentuate your pins.

UP FRESH FACED? A

Elizabeth Arden Highlighter in Gold Illumination \$45.







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# Caring for your baby should begin before you know it's there

The first 6-8 weeks after conception are critical for a baby's development including growth of its vital organs. Yet most women don't know they are pregnant until after their baby starts to grow and develop.

It can take time to build the higher level of nutrients your body will need to support you and your growing baby. So it's important to start taking Elevit at least a month before you start trying to fall pregnant.

Elevit contains essential nutrients for baby's healthy development including folic acid, iron and iodine. Folic acid is clinically proven to reduce the risk of neural tube defects like spina bifida. Iron helps prevent dietary iron deficiency and iodine is important for your baby's brain development.

Visit www.elevit.com.au for lots of helpful information and online tools designed to help you all the way through pregnancy.



Available in Pharmacy







hen celebrity chef Nigella Lawson unveiled her new, slimmer figure earlier this month, we all assumed she must've hit the gym. But now she's revealed her svelte body is all thanks to slow yoga, also known as Iyengar.

#### What's it all about?

"Sloga" is set around the same poses as most other forms of yoga, but they're taught at a slow pace so you can focus on the quality of each one. This can use up as many kilojoules as faster workouts – an hour-long session can burn over 1000kJ.

"Yoga certainly makes you feel great – and you want to carry on feeling great," Nigella says. "I just do a little bit in a very slow way – sometimes lying down."

Anita Phillips, a UK-based Iyengar teacher, explains, "The slower pace of Iyengar yoga allows for precision, and precision enables the benefits, which include developing muscle tone and improving posture.

"It's also more inclusive than many other forms of yoga, because it uses props to help people who are less flexible."

Iyengar improves your body's alignment, too, which affects your everyday life more than you think.

"Women often carry their weight on one leg more than the other, either while holding shopping bags or children, or just through habit. Through being aware

of alignment, they're able to look after their body better in daily life," Anita says.

But sloga's benefits aren't just physical.

"Iyengar also helps develop a calm and positive mental attitude, because students are taught to focus on themselves."

See iyengaryoga. asn.au for info.



**HEALTH** 

## NIGELLA'S Healthy energy-boosting meal plan

Nigella complements her yoga with a few healthy diet tweaks. But forget strict rules – this is all about cooking with lots of flavour to help curb cravings.

"Depriving your body is not the way," she says. "I love kale, and I'm an avocado obsessive. But life is about balance."

Here are a few of Nigella's tasty menu ideas.



Cellulite – those fatty lumps and bumps under the skin – affects 85 per cent of women regardless of size or body shape. Try these foods, proven to help minimise the orange-peel effect...

#### BROCCOLI

Rich in alpha lipoic acid, broccoli boosts your body's production of collagen, resulting in less dimpling on the surface of fatty areas like the thighs, bum and tummy.

#### **ASPARAGUS**

Because it stimulates
circulation and is also a
diuretic, asparagus is thought to
help your body flush out toxins
that can build up in fatty

#### **PINEAPPLE**

An enzyme in pineapple called bromelain, as well as vitamin C, can reduce inflammation, which keeps your skin healthy and firm.

# Health HO

Get motivated with the latest in fitness and wellbeing



One more reason to...

## Put down your phone

Constantly checking your mobile when spending quality time with your partner is bad news for romantic relationships. So much so it even has a name "phubbing" – aka partner phone snubbing. Researchers found it can lead to arguments and even depression. Give it a rest already!

That's how many kilojoules you could save yourself per slice of pizza if you use

a paper towel to mop up the oil from the surface beforehand.

PEOPLE WHO
WASH DISHES
"MINDFULLY" –
BY FOCUSING ON
THE SCENT OF THE SOAP
AND WARMTH OF THE WATER
– ARE UP TO 27 PER CENT LESS
STRESSED, ACCORDING TO
RESEARCHERS IN THE US.

## Celeb HEALTH TIP

At 51, Elle Macpherson knows what foods keep her in top shape – but we're thrilled to hear she isn't too strict with her diet. "I stay away from wheat - it doesn't really work for me - and I try not to have much dairy," she says. "But I have a sweet tooth for meringue and chocolate, and I like cheese

and

peanut

butter."



# **Are Your** Hormones Making You Fat?

Imagine waking up every morning to the sound of your alarm, excited and happy to be starting a new day. When you look in the mirror you admire your body. Everyone tells you how great you're looking and asks what your secret is. Sound too good to be true? If you, like many other women, don't feel this way, you may have a hormonal imbalance. Research has documented that over 40 per cent of women have an undiagnosed underactive thyroid gland. If you feel tired all the time, crave sugar, use alcohol and coffee to lift yourself, retain weight around your middle and feel the cold, you could be suffering from this problem.

#### What Does Your Thyroid Do, and What Does This Mean For You?

The thyroid gland is the major player in controlling how many calories you burn. It produces hormones that control the body's metabolism. If your thyroid is underactive (hypothyroidism) it's almost impossible to lose that spare tyre around your middle, no matter how many carbs you cut out or how many hours you spend on the treadmill.

#### **Blood Testing**

Current blood testing methods don't tell the whole story. Blood tests (TSH) can only measure how much thyroid hormone you have in your blood - they can't measure how well your hormones are working. So, if you do have a thyroid problem, it may not always be picked up.

#### **New Way of Testing**

American thyroid specialists, Dr. Konrad Kail and Dr. Daryl Turner have developed a guick and non-invasive medical thyroid screening test, that's been used by US doctors for the past seven years to accurately diagnose thyroid issues. The good news is, once your thyroid function is accurately diagnosed, the medication and nutrients you need to get your thyroid balanced can be established. With a balanced thyroid your energy will increase, you will lose weight easily, and you'll feel happier in yourself. Your health is your greatest asset, so, if you suspect that your thyroid isn't quite right, don't put off getting tested, you deserve to feel fantastic every day.

#### The Lucy Rose Clinic Locations:

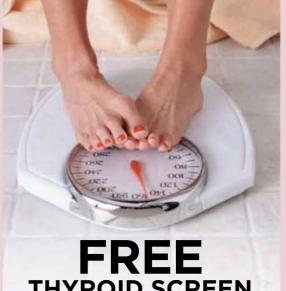
New South Wales: Sydney CBD, Newcastle Queensland: Brisbane CBD, Gold Coast (Broadbeach), Sunshine Coast (Marcoola) ACT: Canberra South Australia: Adelaide (Hyde Park) Victoria: Melbourne, Geelong



Dr David Brownstein, the worlds leading thyroid expert and author of 13 books, visits Australia in February 2016 for the first time ever, go to

www.thelucyroseclinic.com.au to secure your ticket!

This event will sell out fast so be quick!



## THYROID SCREEN (Normally \$140)

When you book a consultation with one of our participating practitioners **OFFER ENDS 15TH DECEMBER 2015.** 

#### **Are You Fed Up With...**

- ☐ Weight Gain Around Middle?
- ☐ Feeling Tired Especially At 3PM?
- ☐ Feeling Foggy?
- Waking Through The Night?
- ☐ Poor Memory?
- Depression and Irritability?
- ☐ Having No Interest in Sex?
- Constinution?
- Aching Muscles and Joint Pain?
- ☐ Muscle Cramps?
- ☐ Worrying You May Be Infertile?
- ☐ Craving Sugar and Carbs?
- ☐ Feeling The Cold?
- ☐ Hair Loss?
- ☐ Using Coffee and Alcohol to Lift You?

#### **Answered YES to three or more?**

If so you may have an underactive thyroid gland - even if you have had 'normal' blood test results from your GP.

## **BOOK NOW CALL 1300 THYROID**

(1300 849 764)

For a consultation and get your **Thyroid Screen for FREE!** 

#### No Questions Asked Money Back Guarantee

The practitioners in this offer are so confident that they can help you, that if you're not satisfied with your thyroid consultation they will give you, within seven days of your appointment, a no-questions-asked full refund on services.

In your consultation your practitioner will assess your health, perform the thyroid screening and then design an individualised program using specific nutritional supplementation, herbal medicines and medication (if needed), to improve all areas of your health. They use an integrative approach to get the results you need. If you are on medication they will work in with your G.P. The practitioners listed charge \$157 for a consultation and are offering the thyroid screen for free which would normally cost you \$140 on top of the consultation. They have had extensive training and experience in treating and assessing thyroid function.



# TOP OF YOUR

The latest and greatest products out right now. Put these must-have items at the top of your list!



#### THE SWEETEST GIFT!

Handmade with love, this delicious, lightly spiced traditional gingerbread house is covered in a selection of sweet candy! Guaranteed to bring smiles to your Christmas celebration. Only available from Michel's Patisserie. RRP \$32.90. See *michels.com.au* 



#### STRAIGHTEN UP

The wait is over! See what more than 75 million people are talking about online, with the Dafni Hair Straightener. Simply brush through for straight and smooth hair within minutes! Available only at Shaver Shop in store and online. For more info, see *shavershop.com.au* 





#### **POPPABLE CHOCS**

Tim Tam Chocolicious are poppable bite-size pieces combining delicious Tim Tam layers of crispy biscuit and a generous layer of cream, wrapped up in almost double the Tim Tam chocolate you love. The delicious fix that's not too rich or too filling!



## WHEN MAKING THEM FEEL BETTER REALLY MATTERS

Children's Panadol Baby Drops are gentle on tiny tummies and suitable for babies as young as one month of age. RRP \$5.49. For more information, visit *panadol.com.au* 

ALWAYS READ THE LABEL. Use only as directed. For the temporary relief of pain and fever. Incorrect use could be harmful. Consult your healthcare professional if symptoms persist. Seek medical advice for children under 3 months. ASMI 23660-0514



Veet Spawax is your new professional quality wax-warming kit that maintains the ideal temperature for salon-perfect smoothness at home. Try it now! Available at all leading supermarkets and pharmacies. Veet Spawax Stripless Wax Warming Kit, RRP \$59.99; Veet Spawax Stripless Wax refills RRP \$14.99. See *veet.com.au* 



## UNIQUE ONLINE DEGREES

The University of New England offers degrees that are not available online anywhere else including Bachelors of Zoology, Music and more. As the pioneer of distance education UNE understands the challenges of busy adults studying from home. Find out what we can do, together. une.edu.au/together





## PLANNING TO FALL PREGNANT?

Elevit is a once-daily multivitamin and mineral supplement specially formulated to provide essential nutrients to help support you and the healthy development of your baby. If you're thinking about trying to fall pregnant, try Elevit.

Always read the label. Use only as directed. CHC 70006-07/14



## THE ULTIMATE SKIN TAG FIX

Say goodbye to skin tags with Medi Freeze Skin Tag Remover. It offers safe and painless removal of skin tags on the neck, in the armpits and under the breasts. Medi Freeze Skin Tag Remover comes with Skin Saver Target Shields for targeted application and protection of surrounding skin. 38mL, RRP \$29.95.





orget the TV, the lounge or that picture he bought you but secretly wanted himself. After a break-up, the possession we worry about the most is sitting in the corner wondering what just happened to their happy family. Your pet is often the innocent victim when a relationship breaks down. But there might just be a way to keep everyone's spirits up.

With more pet owners viewing themselves more like parents these days, it's no wonder that shared custody after a break-up is becoming increasingly popular. But this isn't an arrangement that should be entered into lightly. To do it successfully, you have to be prepared to make sacrifices and often put your four-legged friend's interests before your own. It will also mean that you'll see a lot of your ex. For some couples, that's a deal-breaker. For others, it can be surprisingly easy to achieve.

Here's how to get the balance right, making sure that everyone – including your little mate – is happy with the new arrangement.

#### **STAY POSITIVE**

Remember that aside from a few words, our pets don't understand English. But they do understand emotions. So while they won't know why you broke up, they will pick up on any ongoing tension. Worse still, they're likely to blame themselves for any bad vibes and assume they've done something wrong. For

their sake, keep things positive when you're all together. They'll love you for it.

#### **BE CONSISTENT**

Resist the temptation to play favourites. Just like with kids, consistency in regards to how you relate to your furry friend will mean both sides have a more stable relationship. Having an understanding on the all-important sleeping arrangements, discipline and dinner menu should help to avoid any confusion for your co-parented pet.

#### SPOIL THEM WITH TIME

A break-up is stressful for everyone, but the best way to ease that tension for your pet isn't with the most expensive toy or most extravagant bed. Spending time with them will be the key to turning their emotions 'They're likely to blame themselves for any bad vibes. Keep things positive when you're all together'

around. With plenty of play, exercise, attention and affection, they'll realise they're still an important member of your team. To a dog or cat, that's the best gift of all.

#### SHARE EVERYTHING

Our pets can seemingly sniff out anything, and trouble is one of their specialties. Scent plays a huge role in keeping their stress levels down, so where you can, keep everything smelling familiar and friendly. This means that, ideally, you won't just share custody of your pet, but also their bed, their food bowls and toys. It will ensure that no matter what house they're in, it'll still feel like a home.



world's most famous

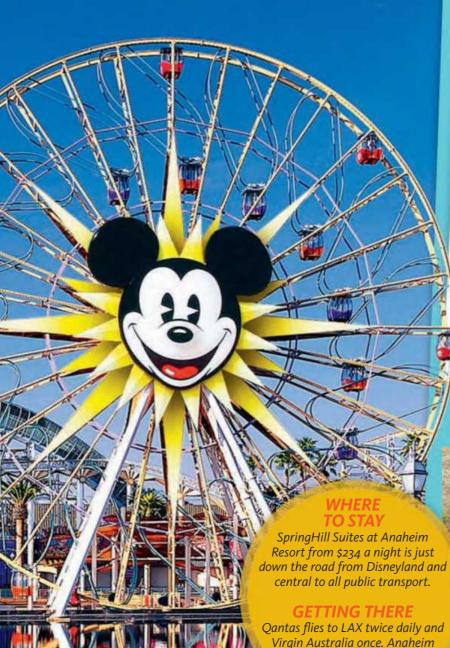
LA minus wheels

theme park to find it.

The cool Californian city offers a laid-back vibe with plenty of surprises. You'd never guess, but if you venture beyond Disneyland's gates, you'll be rewarded with a beautiful town to explore. Unlike most of nearby owned by celebrity chef Jimmy Martinez serves up tacos under \$10. I couldn't go past the Spicy Ahi Tuna taco.

#### A swingin' good time

Wander to the other end of the street for an adventure that'll make you wish you hadn't eaten quite so much... The guys at SwingIt Trapeze are incredibly



friendly, and no matter your age or fitness level - mine was in the negative - they'll have you soaring in no time!

#### **Retail therapy**

Next, a spot of shopping is in order. Check out Rare, next door to the trapeze school. One of California's first curated Goodwill shops, it sells handpicked denim, designer shoes, vinyl and retro homewares (I found a stunning 1950s phone for only \$20). Remember, you're in the backyard of fancy Orange County, aka "The OC", so expect to find amazing bargains!

#### **True brews**

While Anaheim certainly offers some of the best shopping and entertainment to be found in Southern California, it was the food that captured my heart. The Anaheim Packing House

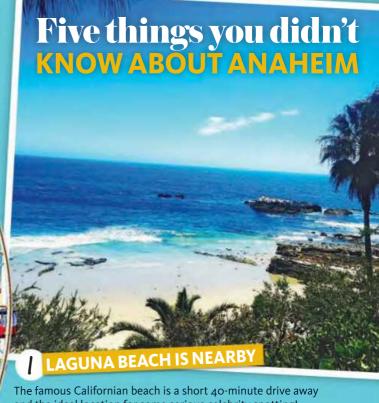
available. is a mustvisit. Originally an orange-packing house for Sunkist built in 1919, it's now a carefully curated food hall bursting with gourmet delights. It was there I sampled the best grilled cheese I've ever eaten. Outside you'll find a perfectly manicured garden and the Anaheim Brewery. The entire city is becoming renowned for delicious beers, and in the sweltering Californian heat a chilled beer is the ideal way to cap off your afternoon.

is about a 45-minute drive

there are also shuttles

#### **Adventure time**

Anaheim has so much to offer, but for big and little kids alike, make sure you squeeze in at least a full day at Disneyland and Knott's Berry Farm theme park - which is equally fun and traumatising, depending on how you feel about rides!



and the ideal location for some serious celebrity spotting!

At night, a select group of cats, aka "mousers", are employed to control the real-life mouse population. If you're lucky, you will spot them lingering around on the hunt for their next meal.

## **GWEN'S A LOCA**

Pop singer Gwen Stefani hails from Anaheim! Her band No Doubt formed there in high school back in the '8os, and since going solo, she still loves performing in her hometown.

## FROM SEA TO SKI

You can surf in the morning then drive 90 minutes from Anaheim to Big Bear Lake, known for its amazing mountains and perfect skiing conditions.



5 YOU CAN TOUCH THE SKY

Located approximately one hour from the Anaheim area is the beautiful wine country of Temecula Valley. Open year-round, it's perfect for a glass of wine and a thrilling hot-air balloon ride.

Woman's Day 81











# Australia's most trusted celebrity medium Mitchell Coombes responds to your concerns

I'm 45 and although I have loved I've not found the man I want to commit my life to, because very early on I decided not to have my own children. Will he come my way or am I destined to walk this life alone? Anonymous

No, you won't wind up alone – you're destined to meet a man who has medium to dark-coloured hair and is an Earth star sign (i.e. Taurus, Virgo or Capricorn). You may have decided not to have any children of your own in this lifetime, but you will need to be open and accepting of the fact that he's had children. However, the chemistry and special bond you share with your soulmate will be unbreakable. Be sure to accept all invitations to social engagements, because love is in the air.

My husband and I have two children – a 16-year-old son, who has autism, and an 18-year-old daughter. Both our kids are having difficulties dealing with life. What does the future hold for each of them? I'm miserable and I just want a happy life like I see other people enjoying. My husband and I are so stressed that we're sad all the time. Miserable Mum

Despite what other people have told you, your son will have great success at whatever he puts his mind to. However, getting him into a good routine will be essential if he is to maintain focus in life. There will be changes to your daughter's circle of friends, with old faces disappearing and new faces



## The ANIMAL whisperer

### Amanda De Warren connects with Debbie's rabbit Alfie

AMANDA SAYS Alfie comes through and is very sure of himself. He describes himself as bossy and confident with no fear at all. He's a tough little guy and challenges Debbie when he's out of his cage.

Usually rabbits are a little hesitant and wary of me, but not this guy. He lets Debbie know he doesn't mind that his cage has been moved and is happy that it's so warm at night for him. He also loves all the fresh food they give him since he dislikes any dry food. He loves his human brother as he's very kind and spends a lot of time with him, and he loves his human dad because he feeds him lots of great food.

Alfie has his own funny squeaky little language and is a bit of a chatterbox. He's very smart and knows what he wants. Alfie tells me he's an only rabbit and he likes it that way, but he does have some very furry neighbours and a couple of dogs in the family.

I then pick up on four guinea pigs. The bossy one called Lily shows me she has long ginger and white hair and is the spokeswoman for the others. Lily lets Debbie know that all the guinea pigs are good, too. Then I pick up on two dogs who came into the household at different times and are best friends. Their names are Diesel and Bosco and they are really happy with their lives.

DEBBIE SAYS Alfie has an unusual personality compared to other bunnies. I wanted to find out more about him as well as how he was finding his new cage. Amanda was quick to assure me that Alfie's cosy and is getting all the love and care he needs from us, especially our son who Alfie refers to as his brother. I was very happy with the reading. It was spot-on with the quirks and personalities of all my pets, who also came through.

coming in. Not only will this social change see your daughter regain her confidence, it will also give her more clarity about the direction she wants to take her life in. Continuing to be the loving and supportive parents that you are will pay dividends in the long run. Hang in there.

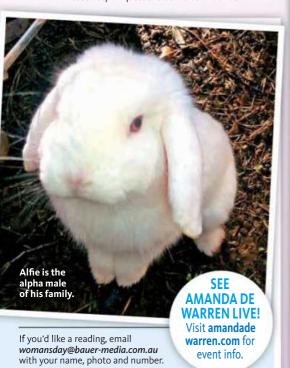
I separated from my husband a year ago. We remained very good friends and had a "friends with benefits" arrangement, and I've just found out I'm pregnant with his child. When I told him, he said he wanted to make a go of it and live together again. He's calling my pregnancy a sign from the universe but I'm not sure and feel very scared. Please help me. Confused

Although you separated from your husband, you have both remained in each other's lives for a higher reason. The soul of the unborn baby you are carrying is destined to come into this world and has chosen you both as the perfect parents – despite the differences you have with each other. While I don't feel that you will resume your marriage with your husband, you will both go on to work together raising your child and will make a great parental team.

Please know that having this baby will not hinder your dreams of building a large company. An opportunity for this is still well within your reach.

SEE MITCHELL COOMBES LIVE! Visit mitchell coombes.com for tour dates.

Write to Mitchell Coombes at Woman's Day, GPO Box 5245, Sydney, NSW 2001, or email *womansday@bauer-media.com.au* Please keep all questions 80 words and under.



# Your Stars

**Jenny Blume** predicts your heavenly destiny for this week, November 16-22

## Scorpio OCT 24 - NOV 22

Nothing will be quite as it appears this month. Even your love life may take on a more secretive edge, although for couples, some naughtiness will spice things up. Escapist books and films should help you unwind, along with a spot of antiques shopping. Look out for a sentimental piece.

## Sagittarius NOV 23 - DEC 22

Dreaming of a more relaxed life? Reality tends to get in the way, but a few home improvements could make a big difference. With Neptune heightening your senses, beautiful sounds and smells should lift your mood. Even better, why not create a special space at home that's just for you?

## Capricorn DEC 23 - JAN 20

With Mars lighting up your chart, an opportunity should be embraced – you might even find yourself inspiring others or learning something new. On the dating scene, your positive attitude is attracting interest but don't believe every sweet nothing. Give budding relationships time.

## Aquarius JAN 21 - FEB 19

Your vision and enthusiasm are admirable, but ease up if money is involved. Neptune could be clouding matters, although the stars on Saturday might reveal a secret. Sunday's extroverted moon should bring out your best, and a good laugh is the tonic you'll need. A leisurely lunch would be perfect!

## Pisces FEB 20 - MAR 20

Let that amazing imagination shine through! Dreamy Neptune's shift in direction could spark some remarkable ideas, so keep a notepad handy. Saturday's tuned-in patterns might even trigger an epiphany, while for romantics, these electric stars could fire things up in the bedroom.

## Aries MAR 21 - APR 20

You've had a lot on your plate lately and some downtime is essential to release your spiritual side. Weird coincidences and psychic flashes remind you that happiness is about more than just outward success. Your close relationships are likely to thrive as you explore deeper matters, so don't hold back

## Taurus APR 21 - MAY 21

Don't feel guilty about your busy social life, it's exactly what you need. As the more relaxed you returns, your loved ones will benefit. Live entertainment should strike a chord, along with musical ventures and charity events. Singing, dancing and raising money is even better when done with pals.

## Gemini MAY 22 - JUN 21

Where are you heading? What do you want? Neptune's shift in direction might reveal a few answers. In your quest for satisfaction, you may even consider a new job or a new career. But it's not all serious – in fact socialite Venus is transforming you into the Zodiac's party girl... and quite the femme fatale!

## Cancer JUN 22 - JUL 23

You're a puzzle, Cancer. One part of you craves comfort and security, but now and again that restless streak takes control.

Travel fantasies could mount up this week, along with a desire for new experiences.

Don't let petty arguments get to you – any flare-ups will spur you into action.

## **Leo** JUL 24 - AUG 23

Yearning to express yourself? As your energy becomes focused, those creative juices should flow. Some big cats might even transform a passion into an earner. If a problem on the home or family front is festering, smile, because Sunday's dynamic stars should usher in a more optimistic era.

## *Virgo* AUG 24 - SEP 23

As the song says, "Lean on me." You're a wonderfully supportive person, but being the strong one can be tiring. Try to factor in more downtime or resurrect an old hobby. If improving your fitness is a goal, join forces with friends and catch up while you work out. Try some tennis, netball or bowling.

## Libra SEP 24 - OCT 23

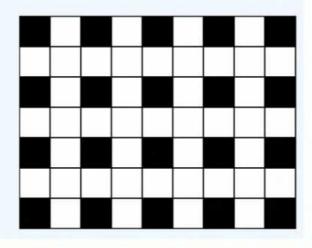
Positive energy is flowing into your chart, and thanks to Mars your renewed zest for life is attracting plenty of attention. There could even be an unexpected invitation or a job offer in the works. On the flip side, these passionate stars could stir up some heated – but cathartic – discussions.



### **ALL-A-GRAMS**

Instead of clues, we've given you anagrams of the words that fit into the grid. Work out each letter jumble, then work out where each word fits.

**CHORALS** LET DEED **NETS ZILCH NIL SALT REAL TEN RODENT COT** WRAP LAPEL



## **SUDOKU**

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3 x 3 block contains all the numbers from 1 to 9.

		1		8				
					3		6	7
9			6	2	7		5	
1			8			9		5
		8	9	4	1	6		
2		3			6			4
	2		7	6	8			1
8	6		3					
				5		7		

			9		1	3	6	4
9	4		2	8			1	
8		6					2	3
		9	1	6	3	8		
5	3					4		6
	9			1	4		7	2
6	1	7	3		5			



## Call 1902 559 089 or SMS 199 59 089

your answer, full name, address and the codeword **STAR** for Starburst **BIG** for Big Crossword **FIND** for Wordfind

Please see contents page for location of our Privacy Notice. If you do not want your information provided to any organisation not associated with this competition please indicate this clearly on your entry or notify the promoter in writing.

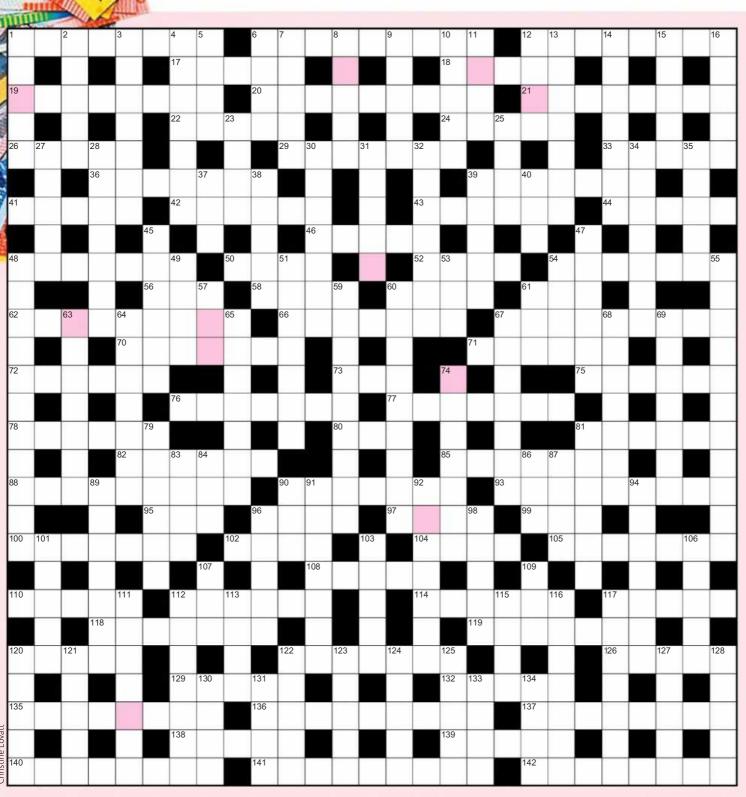
#### **ACROSS**

- Fluid losses
- Registered for flight (7,2)
- 12. Respectful
- Honourable
- **18.** Of warships
- 19. Marriage offer
- 20. Over and over again (2,7)
- **21.** Small parrot
- 22. For now, for the time ...
- 24. Bombards
- **26.** Ownership documents
- 29. Serious-minded
- 33. Trails
- **36.** Divulges
- 39. Permit
- 41. Writing implements
- 42. Picturesque
- 43. Valiant
- **44.** Typo
- 46. Backcomb (hair)
- 48. Refusing (UN resolution)
- Chinese gooseberry, ...fruit
- 52. Town plans
- 54. Soldier on
- **56.** Cake (of soap)
- 58. Cambodia's neighbour
- 60. Hire
- 61. Child
- 62. Active by night
- 66. Coroner's inquiry
- **67.** Crippling
- 70. Section
- 71. Elaborate
- 72. Unhitched
- 73. Octopus liquid
- Eyrie fledgling
- Swiss tennis player, Roger ...
- Late
- 78. Razor
- **80.** Twice five

- 81. Water scooter
- 82. Salt solution
- **85.** More frail
- 88. Demanding firmly
- 90. Met unexpectedly (3,4) 93. Wearing fine
- clothes (7,2)
- 95. Huge amount
- 96. Male monarch
- 97. Disease agent 99. Towards stern
- 100.Shine
- 102. Peruvian capital
- 104. The festive season
- 105. Cut first teeth
- 108. Colossal
- 110. Her Majesty
- 112. Earlier
- 114. Untwist
- 117. Commenced
- **118.** Fence planks 119. Most favourable
- 120. Sumptuous repast
- 122. Stifle
- **126.** Coped (with) 129. Larceny
- 132. Dwelling
- 135. Witty reply
- 136. Downpour calculator (4,5)
- 137. Not tarred (of road)
- 138. Blackboard stand
- 139. Roof overhangs
- 140. Scottish pony
- 141. Pessimist
- 142. Fluctuated

#### **DOWN**

- Ran steadily
- By oneself
- Inflames
- Makes possible for
- Shoe bottom
- Large family
- Shrub border
- Seat



- Occur next
- 10. Unsuitable
- 11. Nominate
- Spellbound 12.
- 13. Stretchy
- Case in point
- Oust 15.
- Ballerina's skirts 16.
- 23. Tiny landmass
- 25. Floor covering
- 27. Privileged class
- College quitter
- Bidding war 30.
- Definitely not (2,3) 31.
- 32. Plots
- 34. Pressurised can
- 35. Loops
- 37. Expert
- **38.** Garden mollusc

- 39. Explode
- 40. Horseracing advice
- 45. Congenital
- 47. Staid
- 48. Conquering
- 49. Hooligan group
- 51. Table servers
- 53. Social insect
- 54. Italy's Leaning Tower of ...
- 55. Close-mouthed (5-6)
- 57. Lamb's father
- 59. Spurting
- 60. Guessing
- 61. Relatives
- 63. Brief sleeps
- **64.** Pointless
- 65. Giving temporarily
- 67. Excavated (mud)
- 68. Glass lab cups

- 69. Badly treated (3-4)
- **74.** Do
- 79. Informed (on)
- **81.** Court clown
- 83. British animal emblem
- **84.** Pub
- **86.** Foundation garment
- 87. Right and ... hands
- **89.** Foot arches
- 90. Brink
- 91. Rearranged word
- **92.** Fabric feel
- 94. Radical
- 96. Ovens
- 98. Explorer, ... Polo
- 101. Scalp parasite
- 103. Short excursion
- 106. Evenly balanced 107. Happy trip, ... voyage

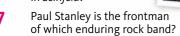
- 109. Paintings
- 111. Non-artificial
- 112. Roman XVI
- 113. Eye lustfully
- 115. As far as (2,2)
- 116. Authorise
- 117. Financial estimates
- 120. Citadels 121. Plenty
- **122.** Musty
- 123. Old weight unit
- **124.** Core
- **125.** Violent moods
- **127.** Let
- **128.** Saw us through, ... us over
- **130.** Chief 131. Cartoon character, ... Flintstone
- 133. Thrash
- 134. Membership fees

# Woman's Day Superpuzzer

## **BRAINBUSTERS**



- Who are the two stars of romantic drama *By the Sea*?
- Which famous Kiwi soprano sang at the wedding of Prince Charles and Diana?
- What are you in need of if you're using the Uber app?
- Who are the current AFL (Australian Football League) champions?
- What kind of animal is a Rhode Island Red?
  - Which character did Michael Richards play in Seinfeld?



- Which number does the Roman numeral D represent?
- Sir Thomas Stamford Bingley Raffles is associated with which Asian city?
- Who is the director of the *Mad Max* series of movies?

## WINNERS FROM WOMAN'S DAY SUPERPUZZLER 93 (Prizes valued at \$250 and over)

- Page 10 Slimline LED TV, \$999 P. Theil, Salisbury North, SA.
  Page 12 Cookbook Set, \$258.45 S. Benfield, Piangil, Vic; V. Bishop, Devonport, Tas; P. Brown, Chidlow, WA; M. Collins, Palmerston, ACT; P. Curry, Muswellbrook, NSW; S. Day, West Ryde, NSW; R. Donoghoe, Garden Suburb, NSW; E. Godwin, Victoria Point, Qld; B. Haine, Kinka Beach, Qld; L. Jamieson, Roma, Qld; J. Jessen, Belivah, Qld; E. Jones, Corinda, Qld; R. King, Currumbin Waters, Qld; S. McCarren, Darawank, NSW; C. McMahon, Singleton Heights, NSW; D. McWhirter, Port Macquarie, NSW; E. Pollard, Tuncurry, NSW; B. Pool, Taree, NSW; B. Roberts, Newborough, Vic; M. Sales, Aberglasslyn, NSW; T. Sparrey, Tuncurry, NSW; J. Stevens, Mill Park, Vic; S. Whittaker, Eumundi, Qld; W. Wills, Gladstone, Qld.
- Page 35 His 'n' Hers Watch Set, \$2268 C. Graham, Seven Hills, NSW; E. Harris, Buccan, Qld.
- Page 43 Beauty Pack, \$254.75 C.M. Baker, Hervey Bay, Qld; M. Bevan, Seven Hills, NSW; K. Brannick, Tocumwal, NSW; J. Crooke, Parkwood, WA; J. Doulman, Kelso, NSW; K. Duckworth, Southport, Qld; E. Fortune, Coombabah, Qld; A. Fryer, Berowra, NSW; K. McLeod, Castle Hill, NSW; D. McPherson, Imbil, Qld; S. Meggeson, Northam, WA; M. Phillips, Albanvale, Vic; C. Stowner, Linden, NSW; M. Strochnetter, Newnham, Tas; J. Vestesen, Moana, SA.
- Page 47 \$300 CASH E. Watson, Hawthorn, Vic.
   Page 55 iPad Tablet, \$439 J. Stalker, Twin Waters, Qld.
- Page 53 Not Delection, \$266.74 P. Ashe, Bajool, Qld; D. Barnes, Boondall, Qld; G. Burrow, Hahndorf, SA; W.M. Coppin, Varsity Lakes, Qld; D. Davis, Cooloola Cove, Qld; P. Deans, Murray Bridge, SA; R. Green, Wilberforce, NSW; M. Lang, Kempton, Tas; D.J. Leader, Ascot Park, SA; T. Woff, Langwarrin, Vic.
- Page 64 Accessories Duo, \$263.50 R. Bazbauers, Camden, NSW; G. Bermingham, Gympie, Qld; R. Byrne, Jindabyne, NSW; B. Day, Hackham West, SA; H. Dinning, Esperance, WA; C. Dunn, Kotara, NSW; S. Dyson, Bundaberg West, Qld; F. Irwin, Birrong, NSW; J.E. Kuhl, Mount Gambier, SA; M. McGill, East Devonport, Tas; C. Pallant, Port Pirie, SA; R. Palmer, Northmead, NSW; I. Stillwell, Weston, ACT; J. Tanner, Capalaba, Qld; L. Willis, Thornlie, WA.

## **CRYPTIC CROSSWORD**

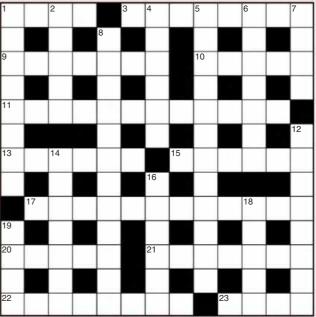
#### ACROS!

- 1. Type of cheese found by Peter and Jay (4)
- 3. Cancelled point of development unseen by audience (8)
- **9.** Small room sounds three-dimensional (7)
- 10. Roman said 10.50 is the time to do well (5)
- 11. Can petrol ship circle American who's being crotchety? (12)
- **13.** Frightened of a loud bombing mission (6)
- **15.** Uncomfortable describing position of hem (2,4)
- 17. Increase pressure to convert the prison warder (4,3,5)
- **20.** Cry about the right to fight (5)
- **21.** Pizza herb from Genoa or elsewhere (7)
- **22.** One who solicits votes in the foyer? (8)
- 23. Shut out as a result (4)

#### **DOWN**

- Insolent response to rugby player gossip (8)
- 2. Half-hour embargo of the city (5)

- **4.** Broadcasting free key is weird! (6)
- 5. Ovine barbershop sign rehashed badly (8,4)
- **6.** Came into possession of a crude speech (7)
- Slippery creatures sleep endlessly upside down (4)
- 8. Lays on calico design once in a while (12)
- **12.** Sequoia trees hide blushing tiger (8)
- **14.** Regret hurtful remark heard in crowd scene (7)
- **16.** Part of Edith Robson pulsates (6)
- **18.** Be in touch with the outer limits (5)
- **19.** First murder victim was a sound unit (4)



# **WORDFIND**GWYNETH PALTROW

Find all the listed words. They may read backwards or forwards, vertically, horizontally or diagonally. Some letters are used more than once. The unused letters, left to right and top to bottom, spell out another of her films and her character (3,8 – 6,5).

V	I	Е	W	F	R	0	М	Т	Н	Е	Т	0	Р	R
L	I	Α	С	Ε	D	Т	R	О	М	Ν	Ε	٧	Ε	S
R	Α	Т	Т	Н	G	I	Ε	D	R	Α	Н	D	Н	С
E	Ε	Н	0	G	S	Ε	Α	٧	I	Ε	R	Ν	Т	0
R	Ν	0	W	Т	0	Α	С	R	Ν	U	G	1	Н	U
Α	K	0	Ε	0	I	0	0	Ν	М	Е	S	Т	G	Ν
E	С	U	I	٧	L	Ν	P	Т	U	R	R	R	I	Т
В	D	0	L	S	М	L	С	0	Ε	0	В	Α	Ν	R
L	S	Υ	Ν	Α	S	Е	Α	٧	0	R	В	М	D	Υ
L	S	М	N	Т	F	Ε	0	Н	Α	M	Α	S	0	S
Α	Р	Ε	0	R	Α	L	S	D	S	L	Α	I	0	Т
Р	Р	Р	Ε	S	0	G	Р	S	I	Ε	Р	R	G	R
E	R	Р	Ρ	W	Ε	I	Ι	С	0	0	Р	Н	Ε	0
Н	Α	Т	Т	Т	Т	S	Ε	0	S	Р	L	С	Н	Ν
Т	В	L	Υ	Т	Н	Ε	D	Α	N	Ν	Ε	R	Т	G



A Perfect Murder Apple Blythe Danner Bounce Brad Pitt Chris Martin Contagion Country Strong Duets

Goop.com
Hard Eight
Hook

Iron Man
Malice
Mortdecai
Moses
Possession
Seven
Shallow Hal
Sylvia
The Good Night

The Pallbearer

Two Lovers

View from

the Top

Authorised under permit numbers SW: LTPM/15/00558; ACT: TP15/06134.1



### **STARBURST**

Work out the names of the stars pictured in this Starburst and



	LMFA0 hit, Sexy And I		Gravity star, Sandra	<b>+</b>						P84	M		
	•			•	Expertise Piaf biopic, — en Rose	<b>+</b>					y \	3	
		•	Band, Split Frasier character,		Caribbean Queen singer, Billy	<b>*</b>			<b>+</b>			1	EN.
			Doyle Two And A Haif Men's Jon	<b>+</b>			4		US spy group Avatar's Saldana				Dansor Movie, The Navarone
•		+		*	Conviction star, Hilary	•	Lingerie trim Actor, Efron	One Flew The Cuckoo's Nest		Superman, Clark Time delay Despicable	•		×
Callous opportun- ists		Julia Roberts movie, Mystic		Ballet drama, Swan		Composer, Andrew Webber CSI star, George	*	The House- wives Of Melbourne		Me character The Collector	*		
Pull along behind	•			Sia's 2010 album French yes	•	*		*		+			
4				*				+	007 film, Quantum Of Raw metals				
	25	0	Judi Dench film, The Shipping		Harry Potter's Hedwig	-110	Bill Withers hit,  Sunshine						
							Caricinatio	+	Furious 7 star, Vin		Insurgent actor, Ansel —	Actor & TV host, McMullen	

#### **CODE CRACKER**

Each number in the grid represents a different letter of the alphabet. Work out which number stands for each letter, write them in the grid below and cross them off the list - we've given you

three to start you off. 6 | 17 | 3 | 8 | 22 | 17 | 4 | 22 | 26 | 21 | 21 | 9 | 17 | 4 Fill in the letters in the box beneath the puzzle to spell the mystery word.



							4							
9	2	7	٩	9	Q	26	14	3	2	26	Q	4	٩	17
21	<sup>23</sup> C	3	7	22	9	19	2	6	9	<sup>18</sup> <b>B</b>	3	5	17	21
10	Q	4	2	3	14	3	7	17	19	Q	9	17	٩	9
21	26	6	<sup>18</sup> <b>B</b>	4	17	9	17	٩	3	21	9	22	17	21
17	9	2	17	۹	19	3	9	8	19	Q	8	٩	Q	19
Q,	<sup>23</sup> C	26	3	19	٩	15	٩	10	2	3	15	26	15	Q
19	Q.	٩	<sup>23</sup> C	9	25	17	3	8	21	Q	26	٩	Q	<sup>23</sup> C
25	3	21	<sup>11</sup> H	17	4	Q	4	Q	3	19	19	3	<sup>23</sup> C	<sup>11</sup> H
9	Q	11 H	٩	Q	13	3	<sup>23</sup> <b>C</b>	11 <b>H</b>	19	٩	Q	21	٩	3
21	24	3	4	17	9	<sup>23</sup> C	9	26	٩	4	10	21	5	21
19	9	22	Q	4	Q	11 H	10	18 <b>B</b>	٩	10	٩	17	Q	17
21	17	17	24	3	15	17	2	26	4	<sup>18</sup> <b>B</b>	9	19	17	22
2	8	3	19	9	26	8	3	7	24	3	4	5	9	6)

W=25 Y=13 NATIONAL PARK μι=V οι=U وι=Τ ις=2 μ=Я μς=9 8≤N 8=M 8=M A=3 B=18 C=23 D=22 E=17 G=15 H=11 I=9 K=5 L=7

CODE CRACKER

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8	Þ	6	9	2	3	1	ı	9	2	t	9	6	1	3	1	9	8
2	L	9	Þ	ı	9	8	6	3	1	6	3	8	9	1	9	5	Þ
9	6	Þ	2	L	8	1	3	9	*	ı	8	9	1	9	3	6	5
L	9	8	3	9	ı	6	5	Þ	3	5	9	L	Þ	6	8	9	1
3	2	1	6	Þ	g	9	L	8	g	1	6	2	3	8	9	b	1
9	1	L	9	8	2	3	Þ	6	8	9	ı	L	2	9	t	3	6
t	9	3	ı	9	6	5	8	4	L	9	b	3	6	ı	5	8	9
6	8	2	L	3	Þ	S	9	1	6	3	2	9	8	Þ	1	L	9

#### **SNDOKN**

10. George Miller.

6. Cosmo Kramer. 7. Kiss. 8. 500. 9. Singapore. Kanawa. 3. Taxi. 4. Hawthorn. 5. Chicken. 1. Brad Pitt and Angelina Jolie. 2. Kiri Te

#### **SRAINBUSTERS**

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28	H	H	O	Ľ	4	3	A	٦		S				Я	13	d	A	ď	T	ī	A	W
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n G	븏	9	E	0		Z	C	0	V	E	¥	M	Ć.	a	3	I	Я	0	I	N	0	ว
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#### THIS WEEK'S SOLUTIONS

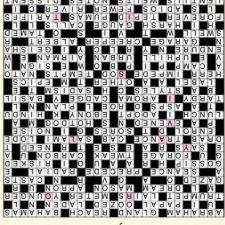


#### CRYPTIC

- Big Crossword: L. Trueman, Toowoomba, Qld.
- Wordfind: D. Callaghan, Werris Creek, NSW. • Starburst: T. Gauntley-Belton, Shoalwater, WA.

WINNERS 2/11/15

STARBURST Kanye West, Kerri-Anne Kennerley **WORDFIND** A Streetcar Named Desire



**BIG CROSSWORD** Royal visit

#### **AST WEEK'S SOLUTIONS**

This issue's competitions begin on 16/11/15, All entries close 23-59 AEDT on 22/11/15. Open to Australian residents. For conditions of entry, visit bauer-media.com.au/terms/competition-terms. Salmat Digital Pty Ltd puzzles drawn at L2, 116 Miller St, North Sydney, NSW 2060. Solutions next week. Winners are first correct entries drawn 14.00 AEDT on 25/11/15, and published in Woman's Day magazine on sale 7/12/15, See privacy notice, below. Promoted by Bauer Media Pty Ltd, 54 Park Street, Sydney, NSW 2000. ABN 18 053 273 346-PRIVACY NOTICE This issue of Woman's Day is published by Bauer Media Pty Ltd (Bauer). Bauer may use and disclose your information in accordance with our Privacy Policy on with your requested products or services and to keep you informed of other Bauer publications, products, services and events. Our Privacy Policy is located at bauer-media.com.au/privacy/ It also sets out how you can access or correct your personal information and lodge a complaint. Bauer may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, competitions or surveys, from the surveys of the Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Bauer in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, contact Bauer's Privacy Officer









They entered The Biggest Loser with a combined weight of 627kg. Now, 11 weeks on, the Auvale family get a makeover

TBL: FAMILIES

## Before 155.8kg Now 132.5kg

Slipping into a slinky red dress, Rina has never felt sexier.

"I'm feeling on top of the world,"

declares the 37-year-old.

The new and improved motherof-three previously admitted her biggest fear was not being around to see her children grow up.

But now, after getting fitter and healthier, Rina says she can see what a hard road obesity is.

"I now have extra energy that I never had and I want to continue with this lifestyle," she reveals.

"There's no way I'm going to put myself through that again."

## MOSES Before 122kg Now 97.3kg

"Is that really me?" jokes Moses, grabbing his chin in front of the mirror. "I can finally see my jawline!"

After shedding 24.7kg, the sales director is in the best shape he's ever been. "Life couldn't be better," he says. "I'm eating right, I'm exercising with the kids and we're all getting out of bed with smiles on our faces. It's the best!

The newly minted gym junkie, 40, is now hoping to use his TBL experience to help others.

"I get people coming up to me saying I motivate them and I really want to encourage them."

## JOHNEE Before 215.7kg Now 169.4kg

This year's heaviest contestant Johnee has never known what it's like to have his wife Tenealle wrap her arms around him - until now.

"Morbid obesity has been with me pretty much all my life," says the youth worker from Victoria, 38, who's dropped a whopping 46.3kg.

Johnee's ultimate goal is to lose 105kg by Christmas, and start a family. "I think I'd look pretty good at 110kg. I can definitely do it," he says.

"I went to the doctor and she said there's no reason why Tenealle and I should have trouble conceiving now. I can't wait for it to happen."



# Sophie doesn't deserve to win!

As he reaches the Apprentice finale, Tim takes his final shot

The show's most competitive contestant Tim Dormer savs he won't be happy if he doesn't beat rival Sophie Monk in this week's Celebrity Apprentice finale.

"I'm just too smart to be pinned down to get fired," smirks Tim, who has gained a reputation for playing the game – and the other contestants - from the word go.

"I want to win because I have proven myself to be worthy of the title, and I have learned and grown, despite being underestimated from the beginning."

Although the 2013 Big Brother winner insists he won't be using any "dirty tactics" to be the last man standing, Tim, 30, says he won't go down without a fight.

"I don't think any contestant has been called 'manipulative' more times than I have," he says. "But that's just a name dumb people call me – they don't understand I'm just using my brain!"

As for what he thinks about his fellow finalist? "Well. Mr Bouris must have a crush on Sophie," he says. "I never thought she'd be here till the end. I just didn't think she had the brains to beat the other celebs... but maybe I underestimated the power of a good-looking girl in a skimpy dress!"

Once the show wraps, Sophie, 35, will be focusing on her new gigs - as a judge on Australia's Got Talent, alongside Eddie Perfect, Kelly Osbourne, and Ian "Dicko' Dickson, and co-host on KIIS radio show The Summer Fling. Meanwhile, Tim has other

goals in mind. "I'd love to host Big Brother one day... that's my

ultimate dream!"

**APPRENTICE** 



### **TENEALLE** Before 134kg Now 105.5kg

**Doctors told Tenealle she was** a "walking contraceptive" before she entered The Biggest Loser.

But the 26-year-old has turned her life around, and her chances of starting a family with Johnee are now closer than ever.

"I really just believe we're going to get pregnant," she says.

After giving away her addiction to waffles, chocolate and ice-cream Tenealle has a newfound confidence and loves to get dressed up.

"Shopping is so much more fun than before. I'm a lot happier and a lot more confident in myself."

# We can't SAM & SNEZ'S NEW TV GIG!



nstead of handing out roses, The Bachelor's Sam Wood will be putting his sales skills to the test on TVSN's annual Celebrity Challenge when he returns to TV this week. Bachie and his lady love Snezana Markoski will be given a product to study, before trying to sell it live on TV, with proceeds going to cancer charity Redkite. "As someone who has lost my mum to cancer. I think the work that Redkite does is brilliant," says Sam, 36. "So Snezana and I are very happy to be on board. We can't wait to have some laughs all for a good cause!" Celebrity Challenge, Wednesday,



Our next big project

A fledgling business and a new nursery should keep them busy

plenty to celebrate on

may be extending their

to your life," adds Shay, 29.

"Shay has been praised for

of land and build a house



ZOE & ALEX HIT THE BLOCK!

THE BLOCK

Zoe Hendrix and Alex Garner met and fell in love on Married at First Sight. Now the Melbourne couple have their sights

set on The Block, and are in talks with Nine to appear on the next season of the hit show!

"I was lucky enough to visit the Block while they were

filming earlier this year," says plumber Alex, 29.

"It was really valuable to get that type of insight and see how it all works. Zoe and I have talked about it quite a bit, and we'd love to go on the show - it's a once-in-alifetime opportunity.

"We've expressed interest, so now we'll have to wait and see what happens."





## My secret double life!

When it comes to using both sides of her brain, actress Renee Lim has it covered. In between her filming commitments on *Please* Like Me alongside comedian Josh Thomas, the talented star works part-time as a doctor in a hospital's emergency department.

"I usually look after geriatrics and palliative care patients," says Renee. "I wanted to be a doctor my whole life – it's my first love."

Her career is challenging, to say the least. "During one of my first shifts a man died in my arms," she remembers. "There was blood everywhere – it was very confronting."

Minutes into another shift, a psychiatric patient tried to stab her with a syringe. "He pulled it out and started threatening me with it – it was so scary," she says. "Luckily, I managed to talk him down."

But Renee, 37, isn't deterred by the job's difficulties. "I've learned to deal with it," she says. "I stop and think, 'OK, I did everything I could, and I really helped some people."

These days, she juggles part-time work in the ER department with her role on Please Like Me.

"The show is so much fun, and there are some big moments coming up," Renee teases. "This is the season where Mae is trying to make amends with Dad [David Roberts], and soon you'll see her go to certain lengths to try to resolve their relationship – she hits some very low moments!"

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# Mariah & J.Lo's diva dispute!



Singing queens Mariah Carey and Jennifer Lopez allegedly can't stand one another, and won't even let past or present

staff work for the other! Insiders have revealed J.Lo's manager Benny Medina, who represented Mariah between 2003 and 2008, wanted back in Ms Carey's career – but J.Lo wouldn't allow it! "She had it written in [his contract] that he can't manage Mariah," an insider told the New York Post.

## Fergie's a TayTay fan & a Belieber!



The Duchess of York has joined Instagram – and she has already befriended some of the biggest names in showbiz.

Just days into her social media debut, Fergie, 56, was quick to follow a bunch of celebrities, including *What do you Mean* hitmaker Justin Bieber and his ex Selena Gomez. Also making the royal cut was pop princess Taylor Swift. Wonder who'll be next!

## Aussie icon **Hugh** dishes on his past



Hugh Jackman, 47, has revealed his first role – and it's a surprising one! Chatting to Planet Celebrity, the actor said he

dressed up as an Aussie icon for cash before he became a big star. "I was earning \$10 an hour in a koala outfit promoting national parks," he said. You have to start somewhere!

# Kate's cooking up a vegie storm!



She's a health and fitness fanatic, so it's no surprise that Duchess Catherine, 33, has plans to launch her own organic vegetable

range. "It's a concept for now but it will happen – just give it 18 months or so," reveals a source, adding that Kate has her own vegie patch at her Norfolk estate and loves to give Prince George and Princess Charlotte only the best organic food she prepares herself.







## Not that No.2



14k likes

zoolander No. 2 smells really, really, good. Not like the bad number 2, this is different. #No2 8

Fifteen years after the first hit movie, Ben (Derek) and Owen Wilson (his frenemy Hansel) are returning to the big screen in *Zoolander 2*! To generate excitement about the sequel, slated for release on February 12 next year, Paramount uploaded this cheeky faux perfume poster to Instagram!





## Ultimate fangirl!

Even some of the biggest names in Hollywood still get starstruck! At a recent awards show in California, Trainwreck actress Amy, 34, couldn't contain her excitement when she spotted Hollywood royalty Meryl, 66. The star noticed her hero chatting to Harrison from her seat at the back of the room, and once the coast was clear, she swooped in for a fangirl hug. Well played, Amy!







# Wasted at the races!

It looks like Home and Away's Isabella had one too many on Stakes Day! The brunette – who married filmmaker Charlie Ford earlier this year – got comfy with co-star George as they walked hand-in-hand around Flemington. "George and Isabella spent a lot of time together and were seen drinking several glasses of champagne," said one racegoer, who saw the actress appear to be slurring, losing her balance and struggling to keep her eyes open.







Hollywood actress Jennifer has taken award seasons by storm, but it's her crazy facial expressions that really steal the show! From the Golden Globes to the SAGs, the *Hunger Games* star, 25, loves whipping out a myriad of silly smiles, grumpy-cat moments and funny facials. Careful the wind doesn't change, Jen!

CHARLES & CAMILLA

# No reign-ing on their parade

Prince Charles, 67, and his wife Camilla, 68, brought the wet weather with them on their tour of Australia last week. But in true English fashion, they came prepared. On with the show!

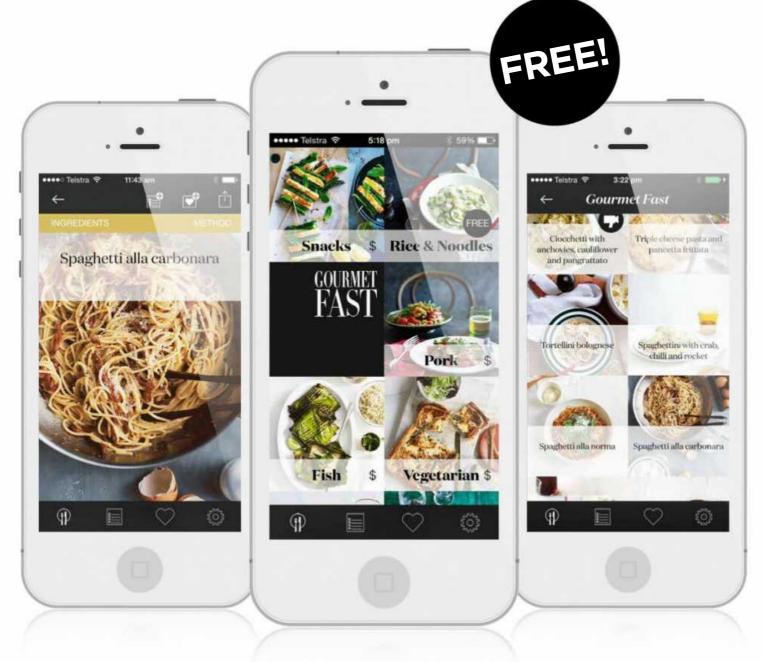








## BIG ON FLAVOUR, SHORT ON EFFORT



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